



# DYSPHAGIA DIET

## LEVEL 2

Name \_\_\_\_\_  
Dietitian \_\_\_\_\_  
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### Who Should Use the Level 2 Dysphagia Diet?

Dysphagia is a condition in which people have difficulty swallowing. People who have some difficulty chewing and swallowing need the Level 2 dysphagia diet. It is appropriate for people with the following conditions:

- Readiness to progress from pureed to more solid foods
- Ability to tolerate easily chewed foods
- Difficulty keeping food together in mouth while chewing and swallowing
- Difficulty moving food to the back of the mouth
- Choking on mixed consistencies of liquid and solid foods, such as some soups, cold cereal with milk, or casseroles

### The Level 2 Diet

At this level of dysphagia, foods must be soft, moist, and easy to chew. Some variability in texture

is allowed. Some of the permitted foods include ground meat with sauces or gravy; soft canned vegetables and fruit such as green beans, beets, peaches, or pears; strained cream soups; mashed potatoes; soufflés; well-cooked pasta with sauce; macaroni and cheese; bananas; and pureed foods.

This diet includes a variety of foods. With attention to the amounts and types of food eaten, a person following the Level 2 diet may meet recommended nutritional needs. Eating frequent small meals may help increase food intake.

Dysphagia also affects the kinds of liquids a person can swallow. Thin liquid beverages may need thickening with Thick-It™ or a comparable product. The nursing staff or a trained caregiver will thicken beverages at bedside as needed.

### Special Recommendations

The list on the following pages is not all-inclusive. Please ask your dietitian or speech therapist for additional recommendations and suggestions.

Food Groups	Recommended	Avoid	If thin liquids allowed diet may also include
<b>Dairy products</b>	Plain custard Plain yogurt or flavored smooth yogurt without fruit pieces White sauce or cheese sauce Milk thickened to consistency advised by speech therapist	Cheese cubes or slices Cottage cheese Custard with dried fruit or nuts Yogurt with fruit pieces, nuts, or coconut	Milk Carnation® Instant Breakfast® Ice cream Eggnog Milkshakes
<b>Meat and meat substitutes</b>	<i>Very soft</i> macaroni and cheese Finely ground meat, fish, or poultry with sauces Pureed meat, fish, and poultry Pureed lentils and beans Soufflés with a consistent texture Softened tofu Hummus or other pureed spreads Soft scrambled eggs with melted cheese	Whole or coarsely ground meat, fish, or poultry Non-pureed lentils or beans Peanut butter, unless creamy and pureed thoroughly into foods Fried foods Non-pureed foods except macaroni and cheese Plain scrambled, boiled, or poached eggs	
<b>Fruit</b>	Applesauce Banana Canned fruit, except pineapple Pureed fruit Thickened fruit juice without seeds or chunks	Whole fresh fruits, except banana Canned pineapple Dried fruit Frozen fruit Unthickened fruit juice	Fruit juice without pulp, seeds, or chunks Tomato juice

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Food Groups	Recommended	Avoid	If thin liquids allowed diet may also include
<b>Vegetables</b>	Pureed vegetables without seeds or chunks Thickened tomato juice or vegetable juice Canned soft green beans or beets	All other vegetables	Vegetable juice
<b>Grains and starches</b>	Pureed breads, pancakes, sweet rolls, French toast Cream of Wheat® Cream of Rice® Oatmeal with no lumps Malt-O-Meal® Grits Mashed potatoes with gravy, butter, margarine, or sour cream Pancakes moistened with syrup Pureed or <i>well-cooked</i> pasta or noodles with sauce	Non-pureed breads and rolls Bread stuffing Crackers Biscuits French toast Waffles Muffins All cold cereal Cooked cereals with lumps, seeds, or nuts Pasta without sauces Rice (cooked or pureed) All other potatoes and noodles	
<b>Soups</b>	Strained creamed soups; no lumps or grainy texture Thickened broths or tomato soup	Soups with lumps, chunks, or seeds Creamed soups with chunks or lumps	Unthickened broth or tomato soup

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Food Groups	Recommended	Avoid	If thin liquids allowed diet may also include
<b>Desserts</b>	Smooth pudding Plain cheesecake Custard Mousse Smooth soufflés Pureed desserts Thickened eggnog and nutrition supplements such as Ensure <sup>®</sup> or Boost <sup>®</sup>	Tapioca, rice, or bread puddings Cookies Cakes Pies Any dessert with nuts, seeds, or coconut	Frozen malts and milkshakes Frozen yogurt, ice cream, and sherbet Eggnog Plain flavored gelatins Unthickened nutrition supplements such as Ensure <sup>®</sup> or Boost <sup>®</sup>
<b>Miscellaneous</b>	Sugar Sugar substitute Salt Finely ground spices Ketchup Mustard Barbecue sauce Mayonnaise Smooth sauces and gravy Honey Jelly Smooth candy such as truffles	Coarsely ground pepper and herbs Fruit preserves or seedy jams Seeds Nuts Sticky foods Candy with sprinkles Chewy candy such as caramel or licorice	