



DYSPHAGIA DIET

LEVEL 3

Name _____
Dietitian _____
Phone _____
E-mail _____

Who Should Use the Level 3 Dysphagia Diet?

Dysphagia is a condition in which people have difficulty swallowing. People who can chew, but who have difficulty controlling food and liquid, need the Level 3 dysphagia diet. It is appropriate for people who choke on mixed consistencies of liquid and solid food such as casseroles, cold cereal with milk, or soups with chopped meat and vegetables.

The Level 3 Diet

With this level of dysphagia, a person can chew and swallow small pieces of softer foods and a larger variety of textures than in Levels 1 and 2. Permitted foods include ground meat in up to ½-inch pieces with gravy or sauce, soft moist casseroles with up to ½-inch pieces, and soft, canned vegetables and fruit.

The diet includes a variety of foods. With attention to the amounts and types of food eaten, a person following the Level 3 diet can 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
Dairy products	Plain custard Plain or fruited yogurt without seeds or nuts Strained, creamed soups 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 nuts, seeds, or coconut	Milk Carnation® Instant Breakfast® Ice cream Eggnog Milkshakes
Meat and meat substitutes	Soft macaroni and cheese Lasagna with finely minced onions and ground meats Finely ground meat, fish, or poultry with sauces Pureed meat Pureed lentils or beans Soufflés with a smooth and consistent texture Scrambled eggs with melted cheese Softened tofu mixed with moist smooth sauce Grilled salmon fillet or other well-moistened fish such as halibut Moist meatloaf with finely minced vegetables or onions Well-cooked pasta (small pieces—no spaghetti) with smooth sauces Peanut butter and jelly sandwich Tuna salad sandwich	Whole or coarsely ground meat, fish, or poultry Dry or chewy meats, fish, and poultry Chunky peanut butter Non-pureed lentils or legumes Fried foods Boiled, poached, or plain scrambled eggs	

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Food Groups	Recommended	Avoid	If thin liquids allowed, diet may also include
Meat and meat substitutes (continued)	Ravioli with smooth marinara sauce Hummus or other pureed spreads Any casserole with small chunks (about ½ inch) or finely chopped, tender meat		
Fruit	Applesauce Bananas Canned fruit, except pineapple Pureed fruit Thickened fruit juice without pulp, seeds, or chunks	Whole fresh fruit, except banana Canned pineapple Dried fruits Frozen fruits Fruit juice with pulp	Fruit juice without pulp, seeds, or chunks
Vegetables	Pureed vegetables without pulp, seeds, or chunks Green beans, well-cooked Asparagus, <i>very</i> well-cooked Other well-cooked vegetables without skins or peels Thickened tomato juice or vegetable juice	All raw vegetables Corn, peas, lima beans and other vegetables served in small chunks All other cooked vegetables	Tomato juice Vegetable juice

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Food Groups	Recommended	Avoid	If thin liquids allowed, diet may also include
<p align="center">Grains and starches</p>	<p>Soft, sliced white or wheat bread or toast with soft crust or no crust</p> <p>Biscuits with gravy</p> <p>Bread stuffing with finely minced onions</p> <p>Cream of Wheat®</p> <p>Cream of Rice®</p> <p>Oatmeal with no lumps</p> <p>Malt-O-Meal®</p> <p>Grits</p> <p>Mashed potatoes with gravy, butter, margarine, or sour cream</p> <p>Pancake moistened with syrup</p> <p>French Toast moistened with syrup</p> <p>Waffles moistened with syrup</p> <p>Well-cooked, small pasta or noodles with sauce</p>	<p>Crusty or seeded breads</p> <p>Bread stuffing with coarsely chopped onions</p> <p>Crackers</p> <p>Waffles</p> <p>Muffins</p> <p>All cold cereal</p> <p>Cooked cereal with lumps, seeds, or nuts</p> <p>Pasta cooked à dente, moistened with butter, or without sauces or gravy</p> <p>Rice (cooked or pureed)</p> <p>All other potatoes and noodles</p>	
<p align="center">Soups</p>	<p>Strained, creamed soups without lumps or grainy texture</p> <p>Thickened broths or tomato soup</p>	<p>Soups with corn, lumps, tough meat, large chunks, or seeds</p> <p>Clam or corn chowders</p>	<p>Broth or tomato soup</p> <p>Chicken noodle soup</p>

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Food Groups	Recommended	Avoid	If thin liquids allowed, diet may also include
Desserts	Pudding, including tapioca and rice Plain cheesecake Soft, moist cookie with frosting Moist cake Custard Mousse Smooth soufflés Pie with pudding-like filling such as pumpkin, lemon, or chocolate Pureed desserts Thickened eggnog and nutrition supplements such as Ensure® or Boost®	Bread pudding Dry or chewy cookies Dry or chewy cakes Any dessert with nuts, seeds, pineapple, coconut, or dried fruit	Frozen malts and milkshakes, Frozen yogurt, ice cream, or sherbets Eggnog Nutrition supplements such as Ensure® or Boost® Plain flavored gelatin
Miscellaneous	Sugar Sugar substitute Salt Finely ground spices Ketchup Mustard Mayonnaise Barbecue sauce Smooth sauces 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	