

SUBJECT: DYSPHAGIA DIET MODIFICATIONS	REFERENCE #8205
DEPARTMENT: REHABILITATION SERVICES	PAGE: 1
	OF: 8
APPROVED BY:	EFFECTIVE:
	REVISED:

POLICY:

- Diet levels are available for patients with swallowing problems and are ordered appropriately.
- Liquids are ordered separately.
- If the patient requires any other diet modifications (i.e., low sodium, low cholesterol, diabetic) these should be ordered in addition to the dysphagia diet.
- The foods (solids and liquids) are listed from the easiest to the most difficult to control in the mouth:
- Dysphagia Puree:
 - Smooth, moist, blenderized or pureed foods that require no chewing. Unlike the standard puree diet, this level disallows scrambled eggs, cottage cheese, breads and pastries.
 - Indications:
 - ◆ Poor oral-muscular control
 - ◆ Decreased attention/awareness/alertness level
 - ◆ Decreased endurance
 - ◆ Cricopharyngeal dysfunction
 - ◆ Missing dentition or reduced mandibular movement
 - ◆ Cancer involving oral, pharyngeal or esophageal regions
 - ◆ Delayed initiation of swallow mechanism
 - ◆ Decreased mastication abilities
 - ◆ Reduced anterior-posterior lingual movement

SUBJECT: DYSPHAGIA DIET MODIFICATIONS	REFERENCE #8205
	PAGE: 2 OF: 8
DEPARTMENT: REHABILITATION SERVICES	EFFECTIVE:
APPROVED BY:	REVISED:

Food Groups	Foods Allowed	Foods to Avoid
Meats and Meat Substitutes	Pureed meats Smooth soufflés Soft, moist tofu Hummus Pureed scrambled eggs	Whole, ground or chopped meats, fish or poultry Legumes or lentils Cheese and cottage cheese Eggs peanut butter
Dairy Products	Smooth pudding Yogurt Ice cream (if thin liquids are tolerated) Pureed cheese	Coarse or textured pudding (Tapioca) Yogurt and ice cream with fruit, nuts or seeds
Breads and Cereals	Pureed breads, pancakes or waffles, sweet rolls or pastries, French toast Smooth cooked cereals, such as Cream of Wheat or oatmeal	Dry Cereals All other non-pureed breads, rolls, crackers, biscuits, muffins
Fruits	Pureed fruit Well-mashed fresh bananas	Whole fruits (fresh, frozen, canned or dried)
Vegetables	Pureed vegetables without lumps, pulp or seeds Tomato sauce without seeds	All other vegetables that are not pureed Thin tomato sauce or juice
Desserts	Pudding, custards, yogurt, soufflés, pureed desserts	All other desserts
Starches	Pureed potatoes or prepared potato flakes Pureed pastas Pureed bread dressing/stuffing Pureed casseroles	Lumpy mashed potatoes All other non-pureed potatoes, rice and pasta Cooked grains, like couscous Rice

SUBJECT: DYSPHAGIA DIET MODIFICATIONS	REFERENCE #8205
DEPARTMENT: REHABILITATION SERVICES	PAGE: 3
	OF: 8
APPROVED BY:	EFFECTIVE:
	REVISED:

- Dysphagia Ground:
 - Ground foods that require little chewing and are easy to control in the mouth. Sauces, gravies, condiments and the like should be served to enable foods to maintain a cohesive bolus in the mouth.
 - Indications:
 - ◆ Decreased oral-muscular control
 - ◆ Able to clear “pocketed” foods with cues
 - ◆ Decreased vocal cord closure
 - ◆ Decreased laryngeal elevation
 - ◆ Poor dentition
 - ◆ Partial glossectomies
 - ◆ Cancers involving oral or laryngeal regions
 - ◆ Pharyngeal or esophageal residual noted during modified barium swallow study (MBSS)

Food Groups	Foods Allowed	Foods to Avoid
Meats and Meat Substitutes	Moistened ground or cooked meat poultry or fish (served with sauces) Casseroles without rice Well-cooked pasta Moist meat loaf or meatballs Poached, scrambled or soft cooked eggs Tofu	Dry meats, such as bacon, sausage or hot dogs Cheese cubes or slices Peanut butter Hard-cooked or crisp fried eggs Sandwiches and pizza

SUBJECT: DYSPHAGIA DIET MODIFICATIONS	REFERENCE #8205
	PAGE: 4
DEPARTMENT: REHABILITATION SERVICES	OF: 8
	EFFECTIVE:
APPROVED BY:	REVISED:

Food Groups	Foods Allowed	Foods to Avoid
Dairy Products	Smooth pudding Yogurt Ice cream (if thin liquids are tolerated) Pureed cheese	Coarse or textured pudding (Tapioca) Yogurt and ice cream with fruit, nuts or seeds
Breads and Cereals	Soft, well-moistened pancakes Pureed bread mixes or slurried breads Cooked cereals with little texture, including oatmeal Slightly moistened, dry cereals with little texture	Slices of bread Toast Coarse cooked cereals Whole-grain or coarse dry cereals
Fruits	Soft and drained canned or cooked fruits without seeds or skins Ripe bananas	Fresh or frozen fruits Cooked fruit with skin or seeds
Vegetables	All soft, well-cooked vegetables that are in small pieces and mashable with a fork	Cooked corn and peas Brussels sprouts, broccoli, cabbage, asparagus or other rubbery cooked vegetables
Desserts	Pudding and custards Soft fruit pies (bottom crust only) Crisps and cobblers with soft topping, no seeds Most canned fruits Soft moist cakes with icing	Dry, coarse cakes and cookies Desserts with nuts, seeds, coconut, pineapple or dried fruit Rice or bread pudding
Starches	Well-cooked moistened boiled, baked, shredded or mashed potatoes Well-cooked pasta noodles in sauce	Potato skins and chips Fried potatoes Rice

SUBJECT: DYSPHAGIA DIET MODIFICATIONS	REFERENCE #8205
DEPARTMENT: REHABILITATION SERVICES	PAGE: 5
	OF: 8
APPROVED BY:	EFFECTIVE:
	REVISED:

- Dysphagia Chopped:
 - Chopped or soft foods that require little chewing and are easy to control in the mouth. Sauces, gravies, condiments and the like should be served to enable foods to maintain a cohesive bolus in the mouth.
 - Indications:
 - ◆ Decreased oral-muscular control
 - ◆ Able to clear “pocketed” foods with cues
 - ◆ Decreased laryngeal elevation
 - ◆ Decreased endurance
 - ◆ Poor dentition
 - ◆ Noted physical pharyngeal or esophageal abnormalities (i.e., Zenker diverticulum)

Food Groups	Foods Allowed	Foods to Avoid
Meats and Meat Substitutes	Soft macaroni and cheese Lasagna with fine minced onions and ground meats Finely chopped meat, fish or poultry with sauces Souffles with smooth and consistent texture Scrambled eggs with melted cheese Softened tofu Grilled fish (moistened) Moist meatloaf Tuna salad Ravioli Hummus Casserole with small chunks or chopped, tender meat	Whole or coarse meat, fish or poultry Chunky peanut butter Fried foods

SUBJECT: DYSPHAGIA DIET MODIFICATIONS	REFERENCE #8205
	PAGE: 6
DEPARTMENT: REHABILITATION SERVICES	OF: 8
	EFFECTIVE:
APPROVED BY:	REVISED:

Food Groups	Foods Allowed	Foods to Avoid
Dairy Products	Plain custard Plain or fruited yogurt (without seeds or nuts) Strained, creamed soups White sauce or cheese sauce	Cheese cubes or slices Cottage cheese Custard or yogurt with dried fruits, nuts, coconut or seeds
Breads and Cereals	Soft sliced white or wheat bread or toast with no crust cut into small pieces and with jam or butter on top to moisten Biscuits with gravy Bread stuffing Cream of Wheat or rice Oatmeal Grits Mashed potatoes with sauce Pancakes moistened with syrup French Toast with syrup Well-cooked-small pasta or noodles with sauce	Crusty or seeded breads Crackers Waffles Muffins Cold cereals Rice
Fruits	Applesauce Bananas Canned fruit (except pineapple) Pureed fruit of any kind	Whole fresh fruit Dried fruits
Vegetables	Green beans (well cooked) Asparagus (well cooked) Other well-cooked vegetables without skins or peels	All raw vegetables Corn, peas, lima beans
Desserts	Pudding Cheesecake Soft, moist cookie with frosting Moist cake Custard Mousse Smooth soufflés Pie with pudding-like filling	Dry or chewy cookies or cake

SUBJECT: DYSPHAGIA DIET MODIFICATIONS	REFERENCE #8205
DEPARTMENT: REHABILITATION SERVICES	PAGE: 7
	OF: 8
APPROVED BY:	EFFECTIVE:
	REVISED:

- Dysphagia Soft:
 - Foods are soft in texture but do not need to be ground or chopped. No fresh fruits (except ripe bananas) or vegetables are allowed.
 - Indications:
 - ◆ This is a transitional diet between the previous diets and regular diet used for evaluation of patient's ability to handle more difficult consistencies; may be used for some head and neck cancer patients.

Note: If a patient has dentition problems only (i.e., ill-fitting dentures, missing teeth), a dental soft diet should be ordered.
- Thin Liquids:
 - Water, all other juices, coffee, tea, sodas, broth, fruit ice, gelatin, milk, nutritional supplements, liquid medications, ice cream, milk shakes, ice cubes/chips, excessively juicy fruits (i.e., watermelon, oranges, grapes).
- Nectar Thick Liquids:
 - Liquids that have been thickened to a consistency that coats and drips off a spoon, similar to unset gelatin. Naturally nectar thick liquids include fruit nectar, maple syrup, eggnog, Ensure, tomato juice and cream soups. Commercially thickened liquids that do not become liquid at body temperature, but if taken in adequate amounts, enable patient to maintain hydration.
- Honey Thick Liquids:
 - Liquids that have been thickened to honey consistency. The liquid flows off the spoon in a ribbon, just like actual honey

SUBJECT: DYSPHAGIA DIET MODIFICATIONS	REFERENCE #8205
DEPARTMENT: REHABILITATION SERVICES	PAGE: 8
	OF: 8
APPROVED BY:	EFFECTIVE:
	REVISED:

SAFE SWALLOW PRECAUTIONS AND TECHNIQUES:

- Sitting up to 90 degrees and staying upright for 15 to 30 minutes afterwards
- Small amounts (bites and sips) - may have to be regulated by teaspoon or amount-controlling cups
- Slow rate of eating
- Approved use of straw or forbidden use of straw
- Positioning of mandible (out and down)
- Chin tuck
- Throat clear
- Hard swallow

REFERENCES:

- University of Utah Healthcare, Nutrition Care Services, *Dysphagia Diet*, August 2010, <http://healthcare.utah.edu/>
- Mills, Russel H., *Dysphagia Management: Using Thickened Liquids*, ASHA Leader, 2008