

Dysphagia Diet

(Soft/Bite-Sized and Mechanically Advanced)

What is Dysphagia? -

Dysphagia is the medical term used to describe problems swallowing food and/or liquids. It occurs when the muscles that are responsible for swallowing become weakened. Dysphagia increases risk for choking and aspiration (swallowing liquids into the lungs). Common symptoms of dysphagia include:

- Very slow chewing
- Delayed swallow or pocketing foods in cheeks
- Difficulty clearing foods from mouth
- Coughing or gagging during meals
- Wet or hoarse voice after swallowing
- Leaking of food or liquids out of the mouth
- Avoidance of solid foods that are difficult to swallow
- Residual food remaining after the swallow



Dysphagia can be complicated by other factors such as: mental status, ill-fitting dentures or lack of proper dentition, medications causing drowsiness, poor posture, and inadequate self-feeding skills.

Diet Texture Standardization – The newest system that is used to standardize diet textures is called International Dysphagia Diet Standardization Initiative (IDDSI). It is slowly replacing the previous National Dysphagia Diet (NDD). There are similarities between the two scales.

| Swallow Ability | IDDSI | NDD |
|---------------------|-----------------------------|-----------------------------------|
| No dysfunction | Regular (7) | Regular (4) |
| Slight impairment | <i>*Soft/Bite-Sized (6)</i> | <i>*Mechanically Advanced (3)</i> |
| Moderate impairment | Minced/Moist (5) | Mechanically Altered (2) |
| Severe impairment | Pureed/Extremely Thick (4) | Pureed (1) |

Soft/Bite-Sized and Mechanically Advanced Food Specifications:

- Soft, tender and moist throughout with no separate thin liquid
- Bite-sized pieces as appropriate for oral processing skills (the size of a dice)
- Can be eaten with fork, spoon or chopsticks
- Can be mashed/broken down with pressure from a utensil
- A knife is not required to cut these foods
- Biting is not required but chewing is required before swallowing

Appropriate Food Choices for Soft/Bite-Sized and Mechanically Advanced

| | Breads | Cereals | Desserts | Fruits | Meats | Vegetables |
|----------------|---|--|----------------|---|--|---|
| Types of foods | - Pre-gelled or soaked (slurried) bread | - Smooth soft lumps -Slightly moistened soft cereals with excess milk drained | -Soft desserts | - Soft, mashed or sliced fruits - Drain excess juice | -Cooked tender or diced meats -Served with thick, smooth, non-pouring gravy | - Steam or boiled bite-sized vegetables |

Sample Menu

| | Breakfast | Lunch | Evening Meal | Other |
|-------|---|--|---|--|
| Day 1 | Oatmeal Yogurt cup Soft-cooked cinnamon apple slices Coffee/Milk | Tender-cooked chicken with gravy Mashed potatoes with gravy Soft-cooked, diced green beans Small chunk, soft canned fruit Milk | Italian pasta with ground turkey and soft-cooked noodles - served with extra tomato sauce Soft-cooked, diced carrots Small chunk, soft canned fruit Milk | Snack: Potato salad (with no onions/celery) Dessert: Fruit cobbler with moist top crust |
| Day 2 | Sausage gravy with biscuit – biscuit should be slurried before adding gravy Banana slices Coffee/Milk | Soft cooked roast beef with noodles and gravy Soft-cooked cabbage in bite-sized chunks Small chunk, soft canned fruit Milk | Creamy chicken, and rice soup (with soft-cooked carrots, onions, celery) Small chunk, soft canned fruit Milk | Snack: Cottage cheese and soft, diced fruit cup Dessert: Soft-baked bread pudding made with extra custard |
| Day 3 | Ricotta pancakes - let sit to fully soak up syrup Small chunk, soft canned fruit Coffee/Milk | Steamed fish fillet with gravy Seasoned soft-cooked short grain white rice Soft-cooked, diced broccoli Small chunk, soft canned fruit Milk | Tater tot casserole (Minced beef with soft cooked potato rounds, soft vegetables mixed with gravy) Small chunk, soft canned fruit Milk | Snack: Diced, macerated strawberries Slurried graham cracker Dessert: Brownie |

*Beverages should be thickened to an appropriate consistency.

*Canned fruits should have excess juice drained prior to serving.

Dysphagia Diet

(Minced/Moist – Mechanically Altered)

What is Dysphagia? -

Dysphagia is the medical term used to describe problems swallowing food and/or liquids. It occurs when the muscles that are responsible for swallowing become weakened. Dysphagia increases risk for choking and aspiration (swallowing liquids into the lungs). Common symptoms of dysphagia include:

- Very slow chewing
- Delayed swallow or pocketing foods in cheeks
- Difficulty clearing foods from mouth
- Coughing or gagging during meals
- Wet or hoarse voice after swallowing
- Leaking of food or liquids out of the mouth
- Avoidance of solid foods that are difficult to swallow
- Residual food remaining after the swallow



Dysphagia can be complicated by other factors such as: mental status, ill-fitting dentures or lack of proper dentition, medications causing drowsiness, poor posture, and inadequate self-feeding skills.

Diet Texture Standardization – The newest system that is used to standardize diet textures is called International Dysphagia Diet Standardization Initiative (IDDSI). It is slowly replacing the previous National Dysphagia Diet (NDD). There are similarities between the two scales.

| Swallow Ability | IDDSI | NDD |
|---------------------|----------------------------|----------------------------------|
| No dysfunction | Regular (7) | Regular (4) |
| Slight impairment | Soft/Bite-Sized (6) | Mechanically Advanced (3) |
| Moderate impairment | <i>*Minced/Moist (5)</i> | <i>*Mechanically Altered (2)</i> |
| Severe impairment | Pureed/Extremely Thick (4) | Pureed (1) |

Minced/Moist and Mechanically Altered Food Specifications:

- Soft and moist throughout with no separate thin liquid
- Small lumps visible within the food
- Lumps are easy to squash with tongue/utensil (the size of a grain of rice)
- Can be eaten with fork or spoon
- Can be scooped and molded on a plate
- Biting is not required

Appropriate Food Choices for Minced/Moist and Mechanically Altered

| | Breads | Cereals | Desserts | Fruits | Meats | Vegetables |
|----------------|---|--|--------------------------|---|--|---|
| Types of foods | - Pre-gelled or soaked (slurried) bread | - Thick and smooth soft lumps -Slightly moistened soft cereals with excess milk drained | -Soft or soaked desserts | - Mashed or minced fruits - Drain excess juice | -Finely minced, chopped or ground -Served with thick, smooth, non-pouring gravy | - Finely minced, chopped or mashed - Drain excess liquid |

Sample Menu

| | Breakfast | Lunch | Evening Meal | Other |
|-------|---|--|---|--|
| Day 1 | Cream of wheat Yogurt cup Soft-cooked cinnamon apple slices Coffee/Milk | Ground chicken with gravy Mashed potatoes with gravy Soft-cooked, diced green beans Small chunk, soft canned fruit Milk | Italian pasta with ground turkey and soft-cooked noodles - served with extra tomato sauce Soft-cooked, diced carrots Small chunk, soft canned fruit Milk | Snack: Potato salad (with no onions/celery) Dessert: Fruit cobbler with moist top crust |
| Day 2 | Sausage gravy with biscuit - biscuit should be slurried before adding gravy Mashed banana Coffee/Milk | Minced roast beef with soft cooked noodles and gravy Soft-cooked, diced cabbage Small chunk, soft canned fruit Milk | Creamy chicken, and rice soup (with soft-cooked carrots, onions, celery) Small chunk, soft canned fruit Milk | Snack: Cottage cheese and soft, diced fruit cup Dessert: Soft-baked bread pudding made with extra custard |
| Day 3 | Ricotta pancakes - let sit to fully soak up syrup Small chunk, soft canned fruit Coffee/Milk | Mashed, steamed fish fillet with gravy Seasoned soft-cooked short grain white rice Soft-cooked, diced broccoli Small chunk, soft canned fruit Milk | Tater tot casserole (Minced beef with soft cooked potato rounds, soft vegetables mixed with gravy) Small chunk, soft canned fruit Milk | Snack: Diced, macerated strawberries Slurried graham cracker Dessert: Slurried brownie |

*Beverages should be thickened to an appropriate consistency.

*Canned fruits should have excess juice drained prior to serving.

Dysphagia Diet

(Pureed/Extremely Thick)

What is Dysphagia? -

Dysphagia is the medical term used to describe problems swallowing food and/or liquids. It occurs when the muscles that are responsible for swallowing become weakened. Dysphagia increases risk for choking and aspiration (swallowing liquids into the lungs). Common symptoms of dysphagia include:

- Very slow chewing
- Delayed swallow or pocketing foods in cheeks
- Difficulty clearing foods from mouth
- Coughing or gagging during meals
- Wet or hoarse voice after swallowing
- Leaking of food or liquids out of the mouth
- Avoidance of solid foods that are difficult to swallow
- Residual food remaining after the swallow



Dysphagia can be complicated by other factors such as: mental status, ill-fitting dentures or lack of proper dentition, medications causing drowsiness, poor posture, and inadequate self-feeding skills.

Diet Texture Standardization – The newest system that is used to standardize diet textures is called International Dysphagia Diet Standardization Initiative (IDDSI). It is slowly replacing the previous National Dysphagia Diet (NDD). There are similarities between the two scales.

| Swallow Ability | IDDSI | NDD |
|---------------------|------------------------------------|---------------------------|
| No dysfunction | Regular (7) | Regular (4) |
| Slight impairment | Soft/Bite-Sized (6) | Mechanically Advanced (3) |
| Moderate impairment | Minced/Moist (5) | Mechanically Altered (2) |
| Severe impairment | <i>*Pureed/Extremely Thick (4)</i> | <i>*Pureed (1)</i> |

Pureed/Extremely Thick Food Specifications:

- Usually eaten with a spoon
- Thick enough they cannot be drunk from a cup, poured or sucked from a straw
- Contains no lumps
- Falls off the spoon in a single spoonful
- Holds shape on the plate with no separate liquids
- Biting/chewing is not required

Appropriate Food Choices for Pureed/Extremely Thick

| | Breads | Cereals | Desserts | Fruits | Meats | Vegetables |
|----------------|-----------------|------------------|------------------------------|-----------------|--|---|
| Types of foods | - Pureed breads | - Cooked cereals | -Pureed desserts or puddings | - Pureed fruits | -Pureed meats -Served with thick, smooth, non-pouring gravy | - Mashed or pureed vegetables with no lumps |

Sample Menu

| | Breakfast | Lunch | Evening Meal | Other |
|-------|--|---|--|--|
| Day 1 | Cream of wheat Yogurt cup Cinnamon applesauce Coffee/Milk | Pureed chicken with gravy Mashed potatoes with gravy Pureed green beans Pureed canned fruit Milk | Pureed Italian pasta with ground turkey - served with extra tomato sauce Pureed carrots Pureed canned fruit Milk | Snack: Pureed potato salad (with no onions/celery) Dessert: Pureed fruit cobbler |
| Day 2 | Pureed sausage gravy and biscuit Mashed banana with no lumps Coffee/Milk | Pureed roast beef with noodles, topped with gravy Pureed cabbage Pureed canned fruit Milk | Pureed creamy chicken, and rice soup (with soft-cooked carrots, onions, celery) Pureed canned fruit Milk | Snack: Pureed cottage cheese and pureed fruit Dessert: Pureed bread pudding topped with extra custard |
| Day 3 | Pureed ricotta pancakes and syrup Pureed canned fruit Coffee/Milk | Pureed, steamed fish fillet with gravy Seasoned, pureed white rice Pureed broccoli Pureed canned fruit Milk | Pureed Tater tot casserole (Beef with soft vegetables mixed with gravy) topped with mashed potatoes Pureed canned fruit Milk | Snack: Pureed macerated strawberries Pureed graham cracker Dessert: Pureed brownie |

*Beverages should be thickened to an appropriate consistency.

*Use food molds where possible.

*Try to maintain original food qualities by keeping foods separate as much as possible. Avoid blending all foods together.