

Client Name _____ Date _____

RD/DTR _____

Email _____ Phone _____

National Dysphagia Level 2: Mechanically Altered Nutrition Therapy

Description

This level consists of foods that are moist, soft-textured, and easily formed into a bolus. Meats are ground or are minced no larger than one-quarter-inch pieces; they are still moist, with some cohesion. All foods from NDD Level 1 are acceptable at this level.

Rationale

This diet is a transition from the pureed textures to more solid textures. Chewing ability is required. The textures on this level are appropriate for individuals with mild to moderate oral and/or pharyngeal dysphagia. Patients should be assessed for tolerance to mixed textures. It is expected that some mixed textures are tolerated on this diet.

Liquid Consistency (circle one)

Thin

(includes all unthickened beverages and supplements)

Nectar-like

Honey-like

Spoon-thick

Food Textures for NDD Level 2: Dysphagia Mechanically Altered

Includes all foods on NDD Level 1: Dysphagia Pureed in addition to the foods listed below)

| Beverages | |
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| Recommended | <ul style="list-style-type: none"> All beverages with minimal amounts of texture, pulp, etc. (Any texture should be suspended in the liquid and should not precipitate out.) (May need to be thickened, depending on liquid consistency recommended.) |
| If thin liquids allowed, also may have: | <ul style="list-style-type: none"> Milk, juices, coffee, tea, sodas, carbonated beverages, alcoholic beverages if allowed, nutritional supplements. Ice chips |
| Breads | |
| Recommended | <ul style="list-style-type: none"> Soft pancakes, well moistened with syrup or sauce. Pureed bread mixes, pregelled or slurried breads that are gelled through entire thickness. |
| Avoid | <ul style="list-style-type: none"> All others |

Food Textures for NDD Level 2: Dysphagia Mechanically Altered (continued)

| Cereals | |
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| <i>Cereals may have ¼ cup milk or just enough milk to moisten if thin liquids are restricted. The moisture should be well-blended into food.</i> | |
| Recommended | <ul style="list-style-type: none"> • Cooked cereals with little texture, including oatmeal. Slightly moistened dry cereals with little texture such as corn flakes, Rice Krispies®, Wheaties®, etc. • Unprocessed wheat bran stirred into cereals for bulk. Note: If thin liquids are restricted, it is important that all of the liquid is absorbed into the cereal. |
| Avoid | <ul style="list-style-type: none"> • Very coarse cooked cereals that may contain flax seed or other seeds or nuts. Whole-grain dry or coarse cereals. Cereals with nuts, seeds, dried fruit, and/or coconut. |
| If thin liquids allowed, also may have: | <ul style="list-style-type: none"> • Milk or cream for cereals. |
| Dessert | |
| Recommended | <ul style="list-style-type: none"> • Pudding, custard. • Soft fruit pies with bottom crust only. • Crisps and cobblers without seeds or nuts and with soft breading or crumb mixture. • Canned fruit (excluding pineapple). • Soft, moist cakes with icing or “slurried” cakes. • Pre-gelled cookies or soft, moist cookies that have been “dunked” in milk, coffee, or other liquid. |
| Avoid | <ul style="list-style-type: none"> • Dry, coarse cakes and cookies. • Anything with nuts, seeds, coconut, pineapple, or dried fruit. • Breakfast yogurt with nuts. Rice or bread pudding. • <i>These foods are considered thin liquids and should be avoided if thin liquids are restricted:</i> Frozen malts, milk shakes, frozen yogurt, eggnog, nutritional supplements, ice cream, sherbet, regular or sugar-free gelatin, or any foods that become thin liquid at either room (70°F) or body temperature (98°F). |
| If thin liquids allowed, also may have: | <ul style="list-style-type: none"> • Ice cream, sherbet, malts, nutritional supplements, frozen yogurt, and other ices. • Plain gelatin or gelatin with canned fruit, excluding pineapple. |

Food Textures for NDD Level 2: Dysphagia Mechanically Altered (continued)

| Fats | |
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| Recommended | <ul style="list-style-type: none"> • Butter, margarine, cream for cereal (depending on liquid consistency recommendations), gravy, cream sauces, mayonnaise, salad dressings, cream cheese, cream cheese spreads with soft additives, sour cream, sour cream dips with soft additives, whipped toppings. |
| Avoid | <ul style="list-style-type: none"> • All fats with coarse or chunky additives. |
| If thin liquids allowed, also may have: | <ul style="list-style-type: none"> • Cream for cereal. |
| Fruits | |
| Recommended | <ul style="list-style-type: none"> • Soft drained canned or cooked fruits without seeds or skin. Fresh soft/ripe banana. Fruit juices with small amount of pulp. If thin liquids are restricted, fruit juices should be thickened to appropriate viscosity. |
| Avoid | <ul style="list-style-type: none"> • Fresh or frozen fruits. Cooked fruit with skin or seeds. Dried fruits. Fresh, canned, or cooked pineapple. |
| If thin liquids allowed, also may have: | <ul style="list-style-type: none"> • Thin fruit juices. Watermelon without seeds. |
| Meats and Meat Substitutes | |
| <i>Meat pieces should not exceed ¼-inch cube and should be tender.</i> | |
| Recommended | <ul style="list-style-type: none"> • Moistened ground or cooked meat, poultry, or fish. Moist ground or tender meat may be served with gravy or sauce. • Casseroles without rice. • Moist macaroni and cheese, well-cooked pasta with meat sauce, tuna-noodle casserole, soft and moist lasagna. • Moist meatballs, meat loaf, or fish loaf. • Protein salads such as tuna or egg without large chunks, celery, or onion. <p>Cottage cheese, smooth quiche without large chunks.</p> |
| Avoid | <ul style="list-style-type: none"> • Dry meats, tough meats (such as bacon, sausage, hot dogs, bratwurst). Dry casseroles or casseroles with rice or large chunks. Cheese slices and cubes. Peanut butter. Hard-cooked or crisp fried eggs. Sandwiches. Pizza. |

Food Textures for NDD Level 2: Dysphagia Mechanically Altered (continued)

| Meats and Meat Substitutes | |
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| <i>Meat pieces should not exceed ¼-inch cube and should be tender.</i> | |
| Recommended | <ul style="list-style-type: none"> • Poached, scrambled, or soft cooked eggs (egg yolks should not be “runny” but should be moist and mashable with butter, margarine, or other moisture added to them). (Cook eggs to 160 F or use pasteurized eggs for safety.) Souffles may have small soft chunks. • Tofu. • Well-cooked, slightly mashed, moist legumes such as baked beans. <p>Note: All meats or protein substitutes should be served with sauces, or moistened to help maintain cohesiveness in the oral cavity.</p> |
| Potatoes and Starches | |
| Recommended | <ul style="list-style-type: none"> • Well-cooked, moistened, boiled, baked, or mashed potatoes. • Well-cooked shredded hash brown potatoes that are not crisp. (All potatoes need to be moist and in sauces.) • Well-cooked noodles in sauce. • Spaetzel or soft dumplings that have been moistened with butter or gravy. |
| Soups | |
| Recommended | <ul style="list-style-type: none"> • Soups with easy-to-chew or easy-to-swallow meats or vegetables: particle sizes in soups should be < ½ inch. (Soups may need to be thickened to appropriate consistency, if soup is thinner than prescribed liquid consistency.) |
| Avoid | <ul style="list-style-type: none"> • Potato skins and chips. Fried or French-fried potatoes. Rice. |
| Vegetables | |
| Recommended | <ul style="list-style-type: none"> • All soft, well-cooked vegetables. Vegetables should be < ½ inch. Should be easily mashed with a fork. |
| Avoid | <ul style="list-style-type: none"> • Soups with large chunks of meat and vegetables. • Soups with rice, corn, peas. • Cooked corn and peas. • Broccoli, cabbage, Brussels sprouts, asparagus, or other fibrous, nontender, or rubbery cooked vegetables. |
| If thin liquids allowed, also may have: | <ul style="list-style-type: none"> • All soups except those noted in Avoid column. |

Food Textures for NDD Level 2: Dysphagia Mechanically Altered (continued)

| Miscellaneous | |
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| Recommended | <ul style="list-style-type: none">• Jams and preserves without seeds, jelly. Sauces, salsas, etc., that may have small tender chunks < ½ inch. Soft, smooth chocolate bars that are easily chewed. |
| Avoid | <ul style="list-style-type: none">• Seeds, nuts, coconut, sticky foods. Chewy candies such as caramel and licorice. |

Notes: