

Client Name _____ Date _____

RD/DTR _____

Email _____ Phone _____

National Dysphagia Level 1: Pureed Nutrition Therapy

Description

This diet consists of pureed, homogenous, and cohesive foods. Food should be “pudding-like.” No coarse textures, raw fruits or vegetables, nuts, and so forth are allowed. Any food that require bolus formation, controlled manipulation, or mastication are excluded.

Rationale

This diet is designed for people who have moderate to severe dysphagia, with poor oral phase abilities and reduced ability to protect their airway. Close or complete supervision and alternate feeding methods may be required.

Liquid Consistency (circle one)

Thin **Nectar-like** **Honey-like** **Spoon-thick**
 (includes all unthickened beverages and supplements)

Food Textures for NDD Level 1: Dysphagia Pureed

Beverages	
Recommended	<ul style="list-style-type: none"> Any smooth, homogenous beverages without chunks or pulp. Beverages may need to be thickened to appropriate consistency.
Avoid	<ul style="list-style-type: none"> Any beverages with lumps, chunks, seeds, pulp, etc.
If thin liquids allowed, also may have:	<ul style="list-style-type: none"> Milk, juices, coffee, tea, sodas, carbonated beverages, alcoholic beverages, nutritional supplements. Ice chips
Breads	
Recommended	<ul style="list-style-type: none"> Commercially or facility-prepared pureed bread mixes, <i>pre-gelled slurried</i> breads, pancakes, sweet rolls, Danish pastries, French toasts, etc., that are gelled through entire thickness of product.
Avoid	<ul style="list-style-type: none"> All other breads, rolls, crackers, biscuits, pancakes, waffles, French toast, muffins, etc.

Food Textures for NDD Level 1: Dysphagia Pureed (continued)

Cereals (<i>Cereals may have just enough milk to moisten</i>)	
Recommended	<ul style="list-style-type: none"> • Smooth, homogenous, cooked cereals such as farina-type cereals. Cereals should have a “pudding-like” consistency.
Avoid	<ul style="list-style-type: none"> • All dry cereals and any cooked cereals with lumps, seeds, chunks. • Oatmeal.
If thin liquids allowed, also may have:	<ul style="list-style-type: none"> • Enough milk or cream with cereals to moisten; they should be blended in well.
Desserts	
Recommended	Smooth puddings, custards, yogurt, pureed desserts and soufflés.
Avoid	<ul style="list-style-type: none"> • Ices, gelatins, frozen juice bars, cookies, cakes, pies, pastry, coarse or textured puddings, bread and rice pudding, fruited yogurt. • <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"> • Frozen malts, yogurt, milk shakes, eggnog, nutritional supplements, ice cream, sherbet, plain regular or sugar-free gelatin.
Fats	
Recommended	<ul style="list-style-type: none"> • Butter, margarine, strained gravy, sour cream, mayonnaise, cream cheese, whipped topping. • Smooth sauces such as white sauce, cheese sauce or hollandaise sauce.
Avoid	<ul style="list-style-type: none"> • All fats with coarse or chunky additives.
Fruits	
Recommended	<ul style="list-style-type: none"> • Pureed fruits or well-mashed fresh bananas. • Fruit juices without pulp, seeds, or chunks (may need to be thickened to appropriate consistency if thin liquids are restricted).
Avoid	<ul style="list-style-type: none"> • Whole fruits (fresh, frozen, canned, dried).
If thin liquids allowed, also may have:	<ul style="list-style-type: none"> • Unthickened fruit juices
Meats and Meat Substitutes	
Recommended	<ul style="list-style-type: none"> • Pureed meats. • Braunschweiger. • Souffles that are smooth and homogenous.
Avoid	<ul style="list-style-type: none"> • Whole or ground meats, fish, or poultry. • Non-pureed lentils or legumes. • Cheese, cottage cheese. • Peanut butter, unless pureed into foods correctly. • Non-pureed fried, scrambled, or hard-cooked eggs.

Food Textures for NDD Level 1: Dysphagia Pureed (continued)

Potatoes and Starches	
Recommended	<ul style="list-style-type: none"> • Mashed potatoes or sauce, pureed potatoes with gravy, butter, margarine, or sour cream. • Well-cooked pasta, noodles, bread dressing, or rice that have been pureed in a blender to smooth, homogenous consistency.
Avoid	<ul style="list-style-type: none"> • All other potatoes, rice, noodles. • Plain mashed potatoes, cooked grains. • Non-pureed bread dressing.
Soups	
Recommended	<ul style="list-style-type: none"> • Soups that have been pureed in a blender or strained. May need to be thickened to appropriate viscosity.
Avoid	<ul style="list-style-type: none"> • Soups that have chunks, lumps, etc.
If thin liquids allowed, also may have:	<ul style="list-style-type: none"> • Broth and other thin, strained soups.
Vegetables	
Recommended	<ul style="list-style-type: none"> • Pureed vegetables without chunks, lumps, pulp, or seeds. • Tomato paste or sauce without seeds. • Tomato or vegetable juice (may need to be thickened to appropriate consistency if juice is thinner than prescribed liquid consistency.)
Avoid	<ul style="list-style-type: none"> • All other vegetables that have not been pureed. • Tomato sauce with seeds, thin tomato juice.
If thin liquids allowed, also may have:	<ul style="list-style-type: none"> • Thin tomato or vegetable juices.
Miscellaneous	
Recommended	<ul style="list-style-type: none"> • Sugar, artificial sweetener, salt, finely ground pepper, and spices.
Avoid	<ul style="list-style-type: none"> • Coarsely ground pepper and herbs. • Chunky fruit preserves and seedy jams. • Seeds, nuts, sticky foods. • Chewy candies such as caramels or licorice.
If thin liquids allowed, also may have:	<ul style="list-style-type: none"> • Smooth chocolate candy with no nuts, sprinkles, etc.

Notes: