

Nutrition



OSF[®]
NUTRITION SERVICES NETWORK

Dysphagia – Level 1

Food Group	Foods allowed	Foods not allowed
Beverages:	<u>Extra thick</u> milkshakes, sherbet shakes or eggnog shakes. Nectars, juice thickened to nectar consistency. Tomato juice, apricot nectar, pear nectar, <u>Thickened</u> : coffee, tea, soft drinks, etc...	All thin liquid (unless thickened to nectar consistency).
Breads and Cereals:	Cooked refined cereals: cream of wheat, cream of rice. <u>Pureed</u> : French toast, muffins, pancakes, quick breads, sweet rolls	Ready-to-eat cereal. All breads (unless pureed), crackers, oatmeal
Potatoes and Substitutes:	Mashed potatoes with smooth gravy. Pureed pasta, Pureed escalloped potatoes.	Pasta, potato skins, rice. All other forms of potato.
Vegetables:	Pureed vegetables (should be at least nectar or mashed potato consistency). Commercially prepared strained vegetables.	Thin or stringy pureed vegetables Fresh and whole vegetables. Corn and peas.
Fruits:	Pureed fruit, (consistency of baby food pears), applesauce. Commercially prepared strained fruit.	Fruits with seeds and skin. Fresh or canned fruit.
Milk and Milk Products:	Smooth yogurt (plain or flavored). Pureed cottage cheese. Milk thickened to nectar consistency. Ice cream, sherbet.	Yogurt with fruits. Cottage cheese. All other cheeses. Ice Cream with fruits or nuts.

For more information or to speak with a Registered Dietitian, call OSF Saint Francis Nutrition Access Line (309) 655-3705.

Form No. 801-7752 (reviewed 9/03)

Dysphagia – Level 1(cont.)

Food Group	Foods allowed	Foods not allowed
Meats, Fish and Poultry:	Thickened pureed meats. Commercially prepared strained meat (always add gravy). Pureed casseroles.	All other meats.
Eggs:	Pureed egg salad. Egg custard.	All others.
Soups:	Strained cream soups. (should be nectar consistency).	Broth; broth based soup. Soups that have solid pieces.
Desserts:	Plain puddings. <u>Pureed</u> : cookies, fruit pie, plain cakes. <u>Pureed</u> custard, fruited jello salad. Ice cream (no fruit or nuts), sherbet, whipped topping.	Fruit ice, gelatin, rice pudding, tapioca. Desserts with added coconut, fruit, nuts, raisins.
Sweets:	Honey, jam, jelly, sugar, syrup, artificial sweeteners.	Chocolate candies, gumdrops, hard candy, jelly beans.
Fats:	Butter, gravy, margarine, mayonnaise.	Gravy with meat chunks or pieces. Bacon.
Miscellaneous:	Flavorings, hot sauces, ketchup, lemon juice, mustard, pepper, salt, spices, vinegar.	Hot peppers, nuts, olives, pickles, popcorn, relishes.

Other Tips

Drink at least ten thickened beverages a day, these should be at least 8 oz. or 1 cup.

Puree foods to consistency of baby food pears or mashed potatoes. The food should be smooth.

Use salt, pepper, spices, and flavorings to pureed foods to improve taste.

Use a variety of serving dishes or food molds to make pureed foods more appealing.

Liquids used in pureed foods should compliment the food. (chicken/chicken broth, spaghetti/tomato juice, fruit/fruit juice).