

Nutrition



OSF[®]
NUTRITION SERVICES NETWORK

Dysphagia – Level 2

Food Group	Foods allowed	Foods not allowed
Beverages:	<u>Extra thick</u> milkshakes, sherbet shakes or egnog shakes. Nectars, juice thickened to nectar consistency. Tomato juice. <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. Pureed: French toast, muffins, pancakes, quick breads, sweet rolls.	Ready-to-eat cereal. All breads (unless pureed), crackers, oatmeal.
Potatoes and Substitutes:	Potatoes: mashed, creamed, soft escalloped, soft macaroni, noodles, spaghetti.	Chips, fried potatoes, potato skins, rice.
Vegetables:	Canned or well cooked and chopped (except asparagus, corn, peas, spinach). Cooked tomato without seeds or skin.	Vegetables with seeds and skins. Tough, fibrous or stringy vegetables, i.e., asparagus, beans, corn, lentils, peas and spinach.
Fruits:	Ripe banana. Canned or well cooked fruit: apricots (no skin), mashed avocado, cantaloupe, cranberry sauce, peaches, pears, strawberries.	Fruits with seeds or skin (canned grapefruit, canned oranges, fruit cocktail, mandarin oranges, raisins).
Milk and Milk Products:	Yogurt (plain, flavored or fruited). Cottage cheese. Milk thickened to nectar consistency. Ice cream, sherbet.	All other cheese. Ice cream with nuts or fruits.
Meats, Fish and Poultry:	Thickened pureed meat (always add gravy). Plain meat salads. Pureed casseroles.	Firm meats, fish, poultry. Fried meat, boiled meat chunks, pressed meat. Bacon, sausage, luncheon meat.

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

Form No. 801-7753 (reviewed 9/03)

Dysphagia – Level 2 (cont.)

Food Group	Foods allowed	Foods not allowed
Eggs:	Soft boiled, egg custard, deviled egg, chopped egg, plain egg salad, plain omelet, plain quiche (no crust).	Hard boiled, fried, scrambled.
Soups:	Strained cream soup made with pureed or whole allowed vegetables (should be nectar consistency).	Broth-based soups. Soups made with ingredients not allowed.
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.

Mix thickened beverages in advance and keep in the refrigerator. Puree foods in larger batches and refrigerate or freeze.