

Dietary Instruction for Dysphagia



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Introduction:

- Dysphagia is difficulty in chewing and / or Swallowing.
- It can strike at any age but it is more common in older adults or may be associated with several medical conditions including (Cerebrovascular accident, Cancer, head injuries, dementia associated with radiation and/or chemotherapy treatment .etc), other risk factors include smoking, excessive alcohol use, certain medications, and poor dentures.
- Dysphagia can result in serious health consequences as it interferes with adequate nutrition and hydration.

In some cases, dysphagia can cause aspiration leading to choking episodes, shortness of breath and physical discomfort. Aspiration may lead to pneumonia which can be fatal.

Common Signs & Symptoms of Dysphagia:

- Choking and Drooling of food or loss of food from the mouth
- Feeling as if food “sticks” in the throat
- Coughing during and/or after eating
- Pocketing of food in cheeks

Dysphagia is not a disease, but a disruption of the normal swallowing process. Without effective treatment it can lead to the following Nutrition Problems:

- Inadequate oral intake, unintended weight loss.
- Underweight and eventually malnutrition.
- Dehydration.
- Increased time needed to eat the meal.
- Not being able to eat food or liquid safely.
- Food or liquid entering the trachea called aspiration.

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Goals of nutritional management:

- To maintain and ensure adequate nutrition and hydration status.
- Educate the Patients about proper consistency of both solids and liquids without coughing or choking as speech therapist recommendation.
- Maintenance of recommended body weight





General Dietary Tips:

- Eat smaller but more frequent meals throughout the day rather than three large meals per day, People with dysphagia get tired easily when eating.
- Avoid eating large amounts of food within 1-2 hours before going to sleep.
- Clean your mouth before and after each meal.
- Place your meal in front of you or towards your unaffected or good side.
- Put food in the middle of your mouth or toward your unaffected or strong side.
- Recommend minimal distractions and discourage speaking while eating.

Dietary management of Dysphagia:

- Patient who has been evaluated for dysphagia usually has specific recommendations from speech therapist related to food and liquid textures.
- There are different textures of food and liquids
- Many dysphagia patients benefit from the use of thickened liquids.

The following Table Describe the Types of Thickened Liquid:

Type of Thickened Liquids	Description and Example	
Thin Liquids	Thin liquids include clear liquids, milk, commercial nutritional Supplements, water, tea, coffee, soda, broth, and clear juice.	
Nectar-like Liquids	<p>Medium thickness liquids include nectars, vegetable juices milkshakes, and cream soups.</p> <p>Thin liquids can be thickened with commercial thickeners.</p>	
Honey-like Liquids	Honey-like is thicker than the nectar-like level and resembles the consistency of honey at room temperature. Commercial thickeners can be added using package instructions to bring any liquids to this level of thickness.	
Spoon-thick Liquids	<p>This includes high viscosity liquids too thick for a straw.</p> <p>Commercial thickeners can be added to any beverage to obtain this level of thickness. These products (pudding, custard, hot cereal) will have to be eaten with a spoon.</p>	

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Dysphagia Diet Level 1: Pureed

Description: This diet consists of pureed, homogenous, and cohesive foods.

Food should be “pudding-like.” coarse textures, whole fruits and vegetables, nuts and seed should be avoided.

The following Table describes the food allowed and not allowed for level 1 – Pureed diet:

Thickened Liquids (see page 3)

Thin Liquids (see page 3)

Food	Allowed	Avoid
Beverage	Any smooth, homogenous beverages without chunks or pulp. (may need to be thickened to appropriate consistency)	Any beverages with lumps, chunks, seeds.
	If thin liquids allowed, also may have: milk, juice, coffee, tea, nutritional supplements.	
Breads	Pureed bread mixes, pre-gelled slurred breads.	All other breads rolled, crackers, biscuits, cakes, pancakes, waffles, French toast, muffins.
Cereals	Smooth, homogenous, cooked cereals such as farina, corn flakes and semolina.	All dry cereals and cooked cereals with lumps, seeds ,chunks , oatmeal
	If thin liquids allowed, also may have: encourage milk or cream with cereals to moisten: they should be blended in well.	
Desserts and Milk product	Smooth puddings, custards, yogurt, jelly, pureed desserts, blended cottage chesses and labnah.	Rice pudding, fruited yogurt.
	If thin liquids allowed, also may have: milk shakes, yogurt, and cream.	

Food	Allowed	Avoid
Fats	Butter, margarine, smooth sauces such as white sauce, cheese sauce.	All fats with coarse or chunky additives.
Potatoes and starches	Mashed potatoes, pureed potatoes with (gravy, butter), well cooked pasta, noodles or rice that have been pureed in blender to smooth, homogenous consistency.	All other potatoes,(Fried potato and chips),rice, noodles, plain mashed potatoes, cooked grains that have not been pureed
Soups	Soups that have been pureed in a blender or strained (may be thickened to appropriate consistency)	Soups that have chunks, lumps.
	If thin liquids allowed, also may have: broth and strained soups.	
Vegetables	Pureed vegetables without chunks, lumps, or seeds, tomato paste or sauce without seeds, tomato or vegetables juice.	All other vegetables that have not been pureed, tomato sauce with seeds.
	If thin liquids allowed, also may have: thin tomato or vegetables juices.	
Fruits	Pureed fruits or well mashed ripe bananas, without pulp, seeds, or chunks.	Un thickened fruit juices if thin liquid not allowed.
Meats and meat substitutes	Pureed of cooked meats/chicken/fish / legumes.	Whole or ground meats, fish, poultry, non-pureed lentils or legumes, peanut butter, scrambled hard cooked eggs.
Miscellaneous	Sugar,artificial sweetener,salt,finely ground pepper and spices.	Coarsely ground pepper and herbs, chunky fruit preserves and seeds jams, seeds, nuts , sticky foods.

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Menu for level 1 Dysphagia: Pureed diet 2000 kcal

Breakfast	Labnah+olive oil 5gm/blended spread creamy cheese/blended cottage cheese + cooked blended chick peas (Hummoos), blended balaleet	2 table spoon
	Porridge (semolina) blended/Farina porridge/blended cornflakes	1/2 cup
	Pudding/Custard	1 cup
	Tea with milk	1 cup
Midmorning	Juice/Laban drink	1/2 cup
Lunch	Pureed vegetable	1/2 cup
	Pureed rice/pureed Harees/pureed madhrooba/potato puree	1/2 cup
	Yoghurt	1/2 cup
	Custard/Pudding/Jelly/cream caramel/flavored yoghurt/mahallabiya/mix pureed fruit/well mashed banana.	1/2 cup
	Soup (vegetable) – use seasonal vegetables blended	
	Pureed meat/pureed chicken / pureed fish	
Mid evening	Milk/Laban/Flavored milk/Dietary supplement	1 cup

Dinner	Pureed rice/ potato puree	1/2 cup
	Soup (vegetable) blended	
	Pureed meat/pureed chicken / pureed fish	
	Pureed vegetable	
	Custard/Pudding/Jelly/cream caramel/flavored yoghurt/mahallabiya /mix pureed fruit/well mashed banana.	1/2 cup
	Yoghurt	1/2 cup
Bed time	Milk or milk shakes with (Horlicks,complan,ovaltine)	1/2 cup

- Choose items from allowed groups only.
- Follow the speech therapy recommendation for Dysphagia fluid levels.

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Dysphagia Diet Level 2: Mechanically Soft Diet

Definition: This diet consists of foods that are mechanically altered by blending, chopping, grinding or mashing so that they are easy to chew and swallow. Foods in large chunks or foods that are too hard to chew should be avoided. Liquids may be difficult to swallow, they may require thickening. The diet may also need to be adjusted to allow thickened or thin liquids which are described previously.

Thickened Liquids (see page 3)

Thin Liquids (see page 3)

Food Group	Allowed	Avoid
Grains	<ul style="list-style-type: none">• Soft pancakes, breads, sweet rolls, French toasts well Moistened with syrup or sauce to form soft mixture.• Well-cooked pasta, noodles in sauce, cooked cereals with little texture, including oatmeal.• Slightly moistened dry cereals with little texture such as corn flakes, wheat flakes, unprocessed wheat bran stirred into cereals to provide fiber plain biscuits.• Soft, moist cakes dissolved in milk or juice to Soft texture.• Cookies softened with milk, or other liquid.	All breads not in the recommended list. Very coarse cooked cereals that contain flax or other seeds or nuts. Whole-grain dry or coarse cereals. Cereals with nuts, seeds, dried fruit, and/ or coconut. Dry, Coarse cakes and cookies.

Food Group	Allowed	Avoid
Vegetables	Moist, well cooked, soft boiled or baked, finally chopped vegetables.	Potato with skins. Potato and other vegetable chips. Fried or French-fried potatoes. Cooked corn and peas. Broccoli, cabbage, Brussels sprouts, asparagus, celery and other fibrous, tough or stringy or undercooked vegetables.
Fruits	Soft drained canned or cooked fruits without seeds or skin. Ripe mashed banana	Fresh and dried fruit.
Milk	Pudding, custard, ice cream, yogurt, and cottage cheese.	Yogurt with nuts.
Meat and Other Protein Products	<ul style="list-style-type: none"> Moistened ground or tender cooked meat, poultry, or fish with gravy or sauce. Tuna Poached, scrambled, or soft cooked eggs mashed with butter, margarine, sauce or gravy. Well-cooked, moistened and mashed dried and cooked beans, peas, baked beans and other legumes. 	Nuts; foods made with nuts, dry meats, tough meats (such as sausage, hot dogs). Cheese slices and cubes. Peanut butter. Hard cooked or crisp fried eggs. Pizza.
Fats and Oils	Butter, gravy, cream sauces, mayonnaise, salad dressings, cream cheese.	All fats with coarse or chunky additives.

- Note:

Follow the speech therapist recommendation for dysphagia fluid levels.
Choose food from the allowed list

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Dysphagia Diet Level 2: Mechanically Soft Diet 2000kcal

Breakfast	Cut slice bread (white/ brown)	2 slice
	Labneh+olive oil 5gm /spread heritage cheese/ cottage cheese	40 gm
	OR Blended foul/ Blended chickpeas + 5 gm olive oil	100 gm
	Jam /honey	25 gm
	Porridge of (semolina, farina, oats, corn flakes)	1/2 cup
	Tea with milk	1 cup
Midmorning	Juice / Laban drink	1 cup
Lunch	Minced meat/Minced chicken/fish	60 gm
	Chopped vegetable	200 gm
	Rice (well cooked), Macaroni with tomato sauce (well cooked)	150 gm/ 200gm
	Yoghurt	1/2 cup
Mid evening	Flavored milk or Cooked or canned fruit	1 cup 100 gm
	Soup (vegetable)	1/2 cup
Dinner	Minced meat/minced chicken / fish	60 gm
	Chopped vegetable	200 gm
	Cut bread slice (white / brown)	2 slice
	Mutabel/ Bagagnosh	100gm
	Yoghurt	1/2 cup
	Bed time	Custard/Jelly/Mahalabiya/Pudding

Dysphagia Diet Level 3 :Soft Diet

Definition: The purpose of altering foods is to provide foods that can be successfully and safely swallowed. This diet consists of foods that are soft and easy to chew and swallow. This diet consists of food of nearly regular textures but excludes very hard, sticky, or crunchy foods. Foods should be moist.

Food	Allowed	Avoid
Grains	Breads, biscuits, muffins, pancakes, waffles, that have been well moistened. Cooked or dry cereals. All well cooked pasta and noodles, and rice	Dry bread, toast and crackers that have not been moistened. Crusty breads such as French bread or baguettes. Dry cereals such as shredded wheat. Dry cakes, cookies that is chewy or very dry.
Vegetables	All cooked, tender Vegetables well done. Shredded lettuce. Well ripe tomato	All raw vegetables. Cooked corn. Tough, crisp-fried potatoes, potato skins or other fibrous, tough or stringy cooked vegetables like (grape leaves)

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Food	Allowed	Avoid
Fruits	All canned and cooked fruits (peeled). Soft, peeled fresh fruits such as peaches, nectarines, kiwi, mangoes, cantaloupe, watermelon (Without seeds). Soft berries with small seeds Such as strawberries.	Difficult-to-chew fresh fruits such as apples or pears. Stringy, high pulp fruits such as papaya, pineapple, or mango. Fresh fruits with difficult-to-chew peels such as grapes. Uncooked dried fruits such as prunes and apricots.
Milk	Milk, cream, pudding, custard, ice cream, yogurt, and cottage cheese.	Yogurt with nuts or coconut.
Meat and Other Protein Products	Small pieces of well cooked meat, chicken, and fish with gravy or sauce. Eggs prepared in any way.	Anything with nuts, seeds, dried fruits, Coconut. Tough, dry meats and poultry. Dry fish or fish with bones. Chunky peanut butter. Nuts
Fats and Oils	Olive oil, vegetables oil and other fats except all those in the not recommended list.	All fats with coarse or chunky additives.

Dysphagia Diet Level 3 :Soft Diet 2000 kcal/day

Breakfast	Cut slice bread (white/ brown)	3 slice
	Labneh + olive oil 5gm /spread cheese/cottage cheese/ Scrambled egg ,hammous, blended foul	2 table spoon
	Cornflakes/Bran flakes with skimmed milk	1/2 cup
	Jam /honey	2 table spoon
	Porridge (semolina, , farina, oats, corn flakes)	1/2 cup
	Tea with milk	1/2 cup
Midmorning	Fruit Juice / Laban drink / soft fruit salad	1/2 cup
Lunch	Soup (vegetable or lentils)	1/2 cup
	Mutable	100 gm
	Well cooked (beef/ chicken, fish)	60 gm
	Well-cooked vegetable (according to choice)	1 cup
	Rice , Macaroni/ Pasta with tomato sauce(well cooked)	1 cup
	Yoghurt	1/2 cup
Mid evening	Milk/ tea with milk / banana / soft fruit salad	1/2 cup

- Note:

Follow the speech therapist recommendation for dysphagia fluid levels.
Choose food from the allowed list

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Dinner	Soup (vegetable or lentils)	1/2 cup
	Cut (beef/ chicken) / grilled fish or with gravy well cooked.	60 gm
	Well-cooked vegetable / mashed potato	1 cup
	Cut bread slice (white / brown)	3 slice
	Yoghurt	1/2 cup
Bed time	Custard/Jelly/Mahalabiya/Pudding	1/2 cup

- Note:

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