

# *The System of Cooking for Dysphagia*

## **The Well-Stocked Pantry**

By Diane Wolff



This is a basic list for pantry, fridge and freezer.

Having ingredients in the pantry, fridge and freezer means stress-free meal preparation. Feel free to customize the list. It is a good idea to know your favorite go-to meals and to make sure you have ingredients on hand.

The pantry is the best resource for making food delicious.

This is especially important for the person with a swallowing disorder. Good nutrition is the foundation of a strong immune system. Some people with difficulty swallowing (dysphagia) benefit from Pureed foods, or other *texture modified foods* (e.g., Minced & Moist, Soft & Bite-Sized, or Easy to Chew foods – see [IDDSI.org](http://IDDSI.org)). Having good ingredients on hand is essential to the art of flavorful puree cooking and cooking for dysphagia in general. This means an end to boredom with meals!

Deliciousness matters. It improves the mood, and it makes people feel cared for.

### ***What is in Your Pantry?***

#### **Whole grains**

- Rice: brown basmati is a healthier option and good because it cooks up fluffy
- Barley, buckwheat or kasha, quinoa
- Oatmeal: *Bob's Red Mill Scottish Oatmeal* will cook in a blender with a soup cycle
- Cream of rice or cream of wheat
- All-purpose flour
- Baking powder
- Baking soda
- Corn meal
- Whole-grain pasta: penne, fusilli, ziti, spaghetti, linguine
- Whole grain pancake mix: buckwheat is good
- Grits: the quick-cooking variety has the finest texture

#### **Assortment of your favorite sauces (See *The Master Sauce Guide*)**

- *Soy Vay Veri Veri Teriyaki Marinade* for the quick fish or chicken dish with an Asian flavor profile
- BBQ Sauces: Try *Annie's Naturals Organic BBQ Original Recipe* -- this is not too hot, nor does it have a lot of vinegar.

- Tomato sauce, tomato paste
- Canned diced tomatoes, with (or without) flavoring such as basil and garlic
- Hoisin Sauce is a savory sauce from Chinese cooking. It is a thick-fragrant sauce made from fermented soybean paste, sweet potato, wheat and rice (contains wheat and sesame seeds – allergens for some people).
- Plum Sauce is sweeter than Hoisin and made from plums. It makes a great dipping sauce to make your foods moist so they may slide down easier.
- Applesauce with no sugar added
- Pineapple in fruit juice, for sauces
- 100 percent fruit juice canned (limit juice intake to 4 ounces a day to reduce sugar intake.)
- Tuna
- Salmon
- Dried Mushrooms – great for last minute pasta sauces, gravies, soups. Porcini.

### More sauces, condiments & soups ([see IDDSI/USIRG FAQ on sauces](#))

- Good mayo, including safflower mayo
- Good mustard, including Dijon. No whole grain mustards.
- Soy sauce: look for a good brand with low sodium
- Mirin, a Japanese rice wine sauce, great for adding sweetness to teriyaki dishes
- Broths for the puree: look for lower sodium chicken and vegetable broths
- Aseptic shelf-stable carton of soup (box or pouch): Try *Imagine* or *Pacific* brands for organic soups. These serve as a base for either a soup or a savory snack. They can also be used in a sauce for a protein dish. Flavors: butternut squash, tomato, broccoli, or roasted red pepper & tomato.

## *What is Stocked in Your Fridge & Freezer?*

### Dairy

- Whole or 2 percent milk
- Regular or Low-fat yogurt (tips: good to thicken smoothies, Greek yogurt has more protein content than regular yogurt, and buy it “plain”)
- Buttermilk for pancakes
- Low-fat ricotta for lasagna and for savory snack smoothies
- Sour cream for sauces
- Frozen yogurt or fruit sorbet with low sugar content or make your own
- Tofu
- Raw and dry-roasted nuts and nut butters
- Hummus: adds protein to a savory shake or a pureed salad. Great blended with half an avocado for a snack
- Cheeses that will melt: parmesan, cheddar, goat cheese, cream cheese
- Miso for flavoring and for soup

### Non-dairy

- Non-dairy milk choices are good for smoothies and come in many options: almond, cashew, rice, hemp, oat, and coconut milk

- Non-dairy yogurts are good for those with lactose intolerance
- Non-dairy cream cheese is good for thickening desserts

## Protein

- Frozen skinless white-meat poultry, chicken tenderloins (good for steaming)
- Frozen ground turkey breast
- Individually frozen skinless chicken breasts
- Individually frozen salmon, cod or other fish
- Frozen shrimp and frozen scallops
- Frozen vegetable burgers, black bean, lentil or mushroom
- Frozen crab cakes (look for a good brand not loaded with breadcrumbs)

## Fruits and Vegetables

### *Fresh*

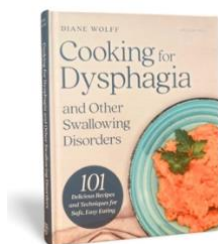
- Fresh fruits, seasonal
- Fresh vegetables, seasonal
- Pre-cut fresh vegetables, such as Cole slaw mix
- Salad greens in a bag: arugula, mixed greens, spinach

### *In the Freezer*

- Frozen fruits, cherries, blueberries, raspberries, mango, peach
- Frozen vegetables (no sauce): peas, spinach, Brussel sprouts, kale (shred & remove stems), asparagus tips, corn, carrots, artichoke hearts, and *Southland Butternut Squash* puree.
- Frozen chopped onion and green peppers
- Frozen soups: such as *Tabatchnick Split Pea Soup* (gluten free and Kosher), lentil soup, minestrone

### ***Don't Forget the Cooking Staples***

- Fresh garlic and onions
- Fresh Lemons
- Fresh avocados for thickening and for healthy fats
- Fresh herb pastes from *Gourmet Garden*, saves mincing, good texture
- Oils: Olive, safflower, canola, avocado, grapeseed, and coconut oil
- Vinegars: Apple cider, red wine, rice, and balsamic vinegars
- Cooking sprays: olive oil, coconut oil
- Sweeteners: Honey, maple syrup, agave syrup, stevia



For more information on dysphagia and recipes with **The System of Cooking for Dysphagia** to transform your kitchen,

Read: [Cooking for Dysphagia](#)

<https://mcpres.mayoclinic.org/product/cooking-for-dysphagia-and-other-swallowing-disorders/>

*All Italicized brand names above are provided for reference only. Nothing to financially disclose.*