

## ***Dysphagia Advanced*** ***(“Regular Soft”)***

Your Speech-Language Pathologist has recommended that this diet is the safest diet for you at this time. This is nearly a regular diet, but avoiding hard, sticky, or crunchy foods. Foods should be bite-size. Sauces and gravies are helpful additions.

Here are lots of ideas.



### **Meats and Proteins:**

All tender thinly sliced meats, cup-up into small bite-sized pieces

Eggs prepared any way

All beans

Casseroles with small chunks of tender meat

All soups (caution with corn and clams in corn chowder and clam chowder)

Yogurt with or without fruit

**AVOID:** dried meats, beef jerky, bacon, tough meat, hotdogs, sausage, nuts, seeds, coconut, chunky peanut butter

### **Grains, Cereals, Breads, Starches:**

Pancakes, French toast, waffles, etc

Any soft breads, biscuits, muffins.

Hot cereals (e.g., oatmeal, cream of wheat, grits)

Dry cereal moistened with milk

English muffins if not dry

Toast with butter and jelly

All rice, including brown rice, but add moisture.

Bread stuffing

**AVOID:** Coarse cereals such as shredded wheat, dry-crusty breads, bagels

### **If you are on a thickened liquid:**

Make sure your soup or cream of wheat is thick and smooth to at least a nectar thick or honey thick liquid consistency (depending on your prescribed liquid consistency)

### **Fruits and Vegetables:**

All cooked, tender vegetables

All potatoes – baked, fried, etc. without skins

Shredded lettuce

All canned and cooked fruit

Soft, peeled fresh fruit without seeds – cut small (e.g., cantaloupe, peaches, kiwi, honeydew)

Soft berries with small seeds

**AVOID:** raw vegetables except shredded lettuce, corn, skins, dried fruits, grapes, and hard to chew fruits – such as pineapple (due to stringy texture)

### **Desserts:**

All desserts except textures mentioned under the avoid list.

#### **AVOID:**

Desserts that are very dry, hard, crumbly, contain nuts, or are too chewy.

Avoid peanut brittle, popcorn, toffee or caramel candies.

Avoid ice cream, frozen ices, sherbert, popsicles if you are on a thickened liquid, as this melts down into a thin liquid.

National Dysphagia Diet Task Force (2002). National Dysphagia Diet: Standardization for Optimal Care. Chicago, IL: American Dietetic Association.

Weihofen, D., Robbins, J., & Sullivan, P. (2002). *Easy-to-Swallow, Easy-to-Chew Cookbook*. New York: John Wiley & Sons, Inc.