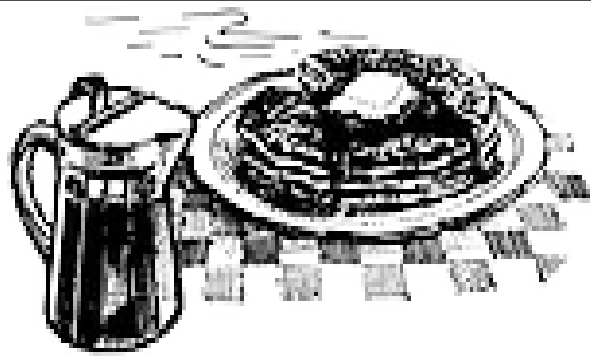


Dysphagia Ground (Mechanically Altered)

Your Speech-Language Pathologist has recommended that this diet is the safest diet for you at this time. Foods should be soft, moist, and cohesive in texture. Meats should be finely chopped and vegetables should mash easily with a fork. Sauces and gravies should be added. Here are lots of ideas.



Meats and Proteins:

Ground meats with gravy
Meat loaf or meat balls
Soft fish
Tuna fish with or without soft bread (no large chunks of celery or onions)
Chicken salad (no large chunks)
Egg salad (no large chunks)
Poached, scrambled, or soft-cooked eggs
Well-cooked beans (e.g., black beans, pinto beans) with sauce to make them moist and cohesive
Hummus
Bean dips
Soft cheeses (cream cheese, Boursin, cottage cheese)
Soups (blended and smooth to avoid large chunks)
AVOID: dried meats, jerky, bacon, fried food, tough meat, stringy or crumbly cheese, dry/hard beans, fried eggs, large cubes of meat in casseroles.

Grains, Cereals, Breads, Starches:

Pancakes
French toast, waffles
Hot cereals (e.g., oatmeal, cream of wheat, grits)
Dry cereal without milk (e.g., cheerios)
Moist muffins, soft breads with soft crusts
Thin crackers (e.g., graham cracker, wheat thins)
Toast with butter and jelly
Sticky rice or mix rice with soft beans with sauce
Well-cooked pasta with sauce
American Chop Suey
AVOID: thick crusts (may need to cut off crusts on sandwiches, toast, french toast), bagels, English Muffins, French bread, granola, cold cereals with milk (mixed consistency), dry-crumbly rice

Fruits and Vegetables:

Well-cooked, soft vegetables (e.g., carrots)
Squash
Potatoes without skin, soft and moist with butter, sour cream or any kind of sauce
Stewed tomatoes
Soft fruit like bananas and strawberries sliced
Canned or cooked fruits (peaches or pears), pouring out the liquid
Thinly sliced apples without peels

AVOID: all skins and seeds, corn, peas, string beans, cole slaw, mixed salads, raw vegetables. Avoid Juicy fruits, such as melon, watermelon, grapes, oranges. These contain liquid, which may spill to your throat while chewing the solid (mixed consistency).

Desserts:

Pudding
Custard
Cobbler with soft topping
Moist/soft cake with icing
Soft cookies
Fruit pies with soft crust (not too flaky)

AVOID: Desserts that are dry, hard, crumbly, contain nuts, or are too chewy. Avoid ice cream 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.