

Client Name \_\_\_\_\_ Date \_\_\_\_\_

RD/DTR \_\_\_\_\_

Email \_\_\_\_\_ Phone \_\_\_\_\_

# Level 2 Nutrition Therapy for Dysphagia: Mechanically Altered Foods

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## Definition

The purpose of mechanically altering foods is to provide foods that can be successfully and safely swallowed. 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 be chewed thoroughly should be avoided. A Registered Dietitian can provide guidance as to how to modify foods so that you can enjoy favorite flavors, and also eat safely. You will need to blend, chop, grind or mash your foods until a Registered Dietitian, physician or other healthcare professional changes the texture of your diet.

Because liquids may be difficult to swallow, they may require thickening. Your diet may also need to be adjusted to allow thickened or thin liquids which are described below. You will need to blend, chop, grind or mash your foods until your dietitian, physician or other health care professional advances the texture of your diet.

## Cooking and Preparation Tips

- Use tools such as a blender, food processor, food chopper, grinder or potato masher to prepare foods for this diet.
- Use gravies, sauces, vegetable or fruit juice, milk, half and half or water from cooking to moisten foods when blending, chopping, grinding or mashing them.
- Serve foods with gravies or sauces to moisten them and to add flavor.
- Serve soft, moist casseroles and fish, meat or egg salads without large chunks of meat or vegetables.
- Serve soups with small pieces of easy to chew and easy to swallow meats and vegetables.
- Cover bread products such as pancakes or bread slices with sauce, gravy or syrup then mix the two items until the bread product begins to dissolve into a slurry.
- Add dry milk powder to foods to increase the calories and protein in this diet.
- Prepare quantities of favorite food items and freeze them in portion sizes for use later.
- Reheat foods carefully so that a tough outer crust does not form on them.
- Avoid sticky foods such as peanut butter, and chewy candies such as caramel and licorice.
- Vegetables should be cooked tender enough to be easily mashed with a fork.

## Thickened Liquids

- Thickened liquids may be purchased already mixed or made by adding commercial thickeners.
- Soups may be pureed in a blender or strained to remove chunks or lumps then thickened with flour, cornstarch, potato flakes or commercial thickeners to a pudding consistency.
- Beverages such as milk, juices without pulp, coffee, tea, soda, carbonated beverages, alcoholic beverages, and nutritional supplements should be thickened to pudding consistency.
- Frozen malts, yogurt, milkshakes, eggnog, nutritional supplements, ice cream, sherbet, plain regular or sugar-free gelatin or other foods that become thin liquid at body temperature (98°F) should be thickened to pudding consistency.

## Thin Liquids

- Thin liquids include unthickened fruit juices, milk, coffee, tea, soda, carbonated beverages, alcoholic beverages, nutritional supplements, broth and strained, unthickened soups.
- Frozen malts, yogurt, milkshakes, eggnog, nutritional supplements, ice cream, sherbet, plain regular or sugar-free gelatin or other foods that become thin liquid at body temperature (98°F) are considered thin liquids. These should be avoided unless they are thickened to pudding consistency.

## Recommended Foods

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Food Group	Foods
<b>Grains</b>	Soft pancakes, breads, sweet rolls, Danish pastries, French toasts well moistened with syrup or sauce to form a slurry. Well-cooked pasta, noodles, and bread dressing. Well-cooked noodles in sauce. Spaetzel or soft dumplings that have been moistened with butter or gravy. Purchased pureed bread products. Cooked cereals with little texture, including oatmeal. Slightly moistened dry cereals with little texture such as corn flakes, wheat flakes, and puffed rice. Unprocessed wheat bran stirred into cereals to provide fiber. Soft, moist cakes with icing cake dissolved in milk or juice to form a slurry. Cookies softened with milk, coffee, or other liquid.
<b>Vegetables</b>	Moist, well cooked, soft boiled, baked, or mashed potatoes. All soft, well-cooked vegetables in pieces less than ½ inch in size.
<b>Fruits</b>	Soft drained canned or cooked fruits without seeds or skin. Fresh ripe banana. Plain gelatin or gelatin with canned fruit, except pineapple. Soft fruit pies with bottom crust only. Crisps and cobblers without seeds or nuts and with soft crust or crumb topping. Fruit ices.

## Recommended Foods (continued)

<b>Food Group</b>	<b>Foods</b>
<b>Milk</b>	Pudding, custard, ice cream, sherbet, malts, frozen yogurt, and cottage cheese.
<b>Meat and Other Protein Products</b>	Moistened ground or tender cooked meat, poultry, or fish with gravy or sauce. Casseroles without rice. Moist macaroni and cheese, well-cooked pasta with meat sauce, tuna-noodle casserole, soft and moist lasagna. Moist meatballs, meat loaf, or fish loaf. Tuna, egg or meat salad without large chunks or hard to chew vegetables. Smooth quiche without large chunks. Poached, scrambled, or soft cooked eggs mashed with butter, margarine, sauce or gravy, soufflés with small chunks of meat, fruit or vegetables, tofu, well-cooked, moistened and mashed dried and cooked beans, peas, baked beans and other legumes.
<b>Fats and Oils</b>	Butter, margarine, gravy, cream sauces, mayonnaise, salad dressings, cream cheese, cream cheese spreads with soft fruits or vegetables added, sour cream, sour cream dips with soft fruits or vegetables, whipped toppings.

## Foods Not Recommended

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<b>Food Group</b>	<b>Foods</b>
<b>Grains</b>	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. Rice. Rice or bread pudding
<b>Vegetables</b>	Potato 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.
<b>Fruits</b>	Pineapple, fruit with seeds; coconut; dried fruit.
<b>Milk</b>	Breakfast yogurt with nuts.
<b>Meat and other Protein Foods</b>	Nuts; foods made with nuts, dry meats, tough meats (such as bacon, sausage, hot dogs, bratwurst). Dry casseroles or casseroles with rice or large chunks. Cheese slices and cubes. Peanut butter. Hard-cooked or crisp fried eggs. Sandwiches. Pizza.
<b>Fats and Oils</b>	All fats with coarse or chunky additives.

## Sample 1-Day Menu

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Meal	Menu
<b>Breakfast</b>	½ cup orange juice at the prescribed liquid consistency ½ cup oatmeal that is moistened with ¼ cup of milk 1 soft, scrambled egg 1 muffin with butter or margarine 8 ounces of a beverage with minimal texture at the prescribed liquid consistency
<b>Lunch</b>	½ cup tomato soup made at the prescribed liquid consistency 3 slurried crackers 3 ounces moist meatloaf with tomato sauce topping ½ cup moist potatoes ½ cup well-cooked mix of carrots and peas ½ cup vanilla pudding with soft, canned peach slices 1 moist cookie 8 ounces of a beverage with minimal texture at the prescribed liquid consistency
<b>Evening meal</b>	½ cup potato soup made to the prescribed liquid consistency 3 slurried crackers 1 cup moist chicken noodle casserole ½ cup well-cooked, moist green beans without strings ½ cup apple cobbler with ½ cup ice cream 8 ounces of a beverage with minimal texture at the prescribed liquid consistency

**Approximate Nutrition Analysis:** \*Analysis includes skim milk as beverage  
 Calories: 2,000; Protein: 87g (17% of calories); Carbohydrate: 286g (57% of calories); Fat: 57g (25% of calories); Cholesterol: 375mg; Sodium: 3,151mg; Fiber: 17g

**Notes:**