

## Dysphagia Diet

1. **Eat small and frequent meals**
2. **No spices, no pepper**
3. **Try not to talk and eat at the same time**
4. **Chew food thoroughly before swallowing**
5. **Choose easy to chew and swallow foods**
6. **Keep food moist and cut in small bite size pieces**
7. **Avoid swallowing dry food ( bread, crackers, nuts, popcorn etc. )**
8. **If food feels like it is getting “stuck” stop eating.**

Food Groups	Foods Allowed	Foods to Avoid
Meats and meat substitutes	<ul style="list-style-type: none"> <li>• Moistened ground or cooked meat, poultry, or fish (serve with sauces)</li> <li>• Casseroles without rice</li> <li>• Moist, well-cooked pasta</li> <li>• Moist meat loaf or meatballs</li> <li>• Poached, scrambled, or soft-cooked eggs</li> <li>• Tofu</li> <li>• Well-cooked and moist mashed legumes or beans</li> </ul>	<ul style="list-style-type: none"> <li>• Dry meats, such as bacon, sausage, or hot dogs</li> <li>• Dry casseroles or casseroles with rice or large chunks</li> <li>• Cheese cubes and slices</li> <li>• Peanut butter</li> <li>• Hard-cooked or crisp fried eggs</li> <li>• Sandwiches and pizza</li> </ul>
Breads	<ul style="list-style-type: none"> <li>• Soft, well-moistened pancakes</li> <li>• Pureed bread mixes or slurried (wet) breads</li> </ul>	<ul style="list-style-type: none"> <li>• Slices of bread</li> <li>• Toast</li> </ul>

Cereals	<ul style="list-style-type: none"> <li>• Cooked cereals with little texture, including oatmeal</li> <li>• Slightly moistened, dry cereals with little texture</li> </ul>	<ul style="list-style-type: none"> <li>• Coarse cooked cereals</li> <li>• Whole-grain or coarse dry cereals</li> </ul>
Fruits	<ul style="list-style-type: none"> <li>• Soft and drained canned or cooked fruits without seeds or skin</li> <li>• Ripe bananas</li> </ul>	<ul style="list-style-type: none"> <li>• Fresh or frozen fruits</li> <li>• Cooked fruit with skin or seeds</li> </ul>
Vegetables	<ul style="list-style-type: none"> <li>• All soft, well-cooked vegetables that are in small pieces and mashable with a fork</li> </ul>	<ul style="list-style-type: none"> <li>• Cooked corn and peas</li> <li>• Brussels sprouts, broccoli, cabbage, asparagus, or other rubbery cooked vegetables</li> </ul>
Potatoes and starches	<ul style="list-style-type: none"> <li>• Well-cooked and moistened boiled, baked, shredded, or mashed potatoes</li> <li>• Well-cooked pasta noodles in sauce</li> </ul>	<ul style="list-style-type: none"> <li>• Potato skins and chips</li> <li>• Fried potatoes</li> <li>• Rice</li> </ul>
Desserts	<ul style="list-style-type: none"> <li>• Puddings and custards</li> <li>• Soft fruit pies (bottom crust only)</li> <li>• Crisps and cobblers with soft topping and no seeds</li> <li>• Most canned fruits</li> <li>• Soft moist cakes with icing</li> </ul>	<ul style="list-style-type: none"> <li>• Dry, coarse cakes and cookies</li> <li>• Desserts with nuts, seeds, coconut, pineapple, or dried fruit</li> <li>• Rice or bread pudding</li> </ul>
Beverages	<ul style="list-style-type: none"> <li>• All beverages with little texture or pulp</li> </ul>	