

Client Name _____ Date _____

RD/DTR _____

Email _____ Phone _____

National Dysphagia Level 3 Advanced Nutrition Therapy

Description

This level consists of food of nearly regular textures with the exception of very hard, sticky, or crunchy foods. Foods still need to be moist and should be in “bite-size” pieces at the oral phase of the swallow.

Rationale

This diet is a transition to a regular diet. Adequate dentition and mastication are required. The textures of this diet are appropriate for individuals with mild oral and/or pharyngeal phase dysphagia. Patients should be assessed for tolerance of mixed textures. It is expected that mixed textures are tolerated on this diet.

Liquid Consistency (circle one)

Thin (includes all unthickened beverages and supplements)

Nectar-like

Honey-like

Spoon-thick

Food Textures for NDD Level 3: Dysphagia Advanced

Beverages	
Recommended	<ul style="list-style-type: none">• Any beverages, depending on recommendations for liquid consistency.
If thin liquids allowed, also may have:	<ul style="list-style-type: none">• Milk, juices, coffee, tea, sodas, carbonated beverages, alcoholic beverages if allowed, nutritional supplements.• Ice chips.
Breads	
Recommended	<ul style="list-style-type: none">• Any well-moistened breads, biscuits, muffins, pancakes, waffles, etc. Need to add adequate syrup, jelly, margarine, butter, etc. to moisten well.
Avoid	<ul style="list-style-type: none">• Dry bread, toast, crackers, etc. Tough, crusty breads such as French bread or baguettes.

Cereals	
<i>Cereals may have 1/4 cup milk or just enough milk to moisten if thin liquids are restricted.</i>	
Recommended	<ul style="list-style-type: none"> All well-moistened cereals.
Avoid	<ul style="list-style-type: none"> Coarse or dry cereals such as shredded wheat or All Bran®.
Desserts	
Recommended	<ul style="list-style-type: none"> All others except those on Avoid list.
Avoid	<ul style="list-style-type: none"> Dry cakes, cookies that are chewy or very dry. Anything with nuts, seeds, dry fruits, coconut, pineapple. <i>These foods are considered thin liquids and should be avoided if thin liquids are restricted:</i> frozen malts, milk shakes, frozen yogurt, eggnog, nutritional supplements, ice cream, sherbet, regular or sugar-free gelatin or any foods that become thin liquid at either room (70°F) or body temperature (98°F).
If thin liquids allowed, also may have:	<ul style="list-style-type: none"> Malts, milk shakes, frozen yogurts, ice cream, and other frozen desserts. Nutritional supplements, gelatin, and any other desserts of thin liquid consistency when in the mouth.
Fats	
Recommended	<ul style="list-style-type: none"> All other fats except those on the Avoid list.
Avoid	<ul style="list-style-type: none"> All fats with coarse, difficult to chew, or chunky additives such as cream cheese spread with nuts or pineapple.
Fruits	
Recommended	<ul style="list-style-type: none"> All canned and cooked fruits. Soft, peeled fresh fruits such as peaches, nectarines, kiwi, mangoes, cantaloupe, honeydew, watermelon (without seeds). Soft berries with small seeds such as strawberries.
Avoid	<ul style="list-style-type: none"> Difficult to chew fresh fruits such as apples or pears. Stringy, high-pulp fruits such as papaya, pineapple, or mango. Fresh fruits with difficult to chew peels such as grapes. Uncooked dried fruits such as prunes and apricots. Fruit leather, fruit roll-ups, fruit snacks, dried fruits.
If thin liquids allowed, also may have:	<ul style="list-style-type: none"> Any fruit juices.
Meats and Meat Substitutes	
Recommended	<ul style="list-style-type: none"> Thin-sliced, tender, or ground meats and poultry. Well-moistened fish. Eggs prepared in any way. Yogurt without nuts or coconut. Casseroles with small chunks of meat, ground meats, or tender meats.
Avoid	<ul style="list-style-type: none"> Tough, dry meats and poultry. Dry fish or fish with bones. Chunky peanut butter. Yogurt with nuts or coconut.
Potatoes and Starches	
Recommended	<ul style="list-style-type: none"> All, including rice, wild rice, moist bread dressing, and tender-fried potatoes.
Avoid	<ul style="list-style-type: none"> Tough, crisp-fried potatoes. Potato skins. Dry bread dressing.

Soups	
Recommended	<ul style="list-style-type: none"> All soups except those on the Avoid list. Strained corn or clam chowder. (May need to be thickened to appropriate consistency if soup is thinner than prescribed liquid consistency.)
Avoid	<ul style="list-style-type: none"> Soups with tough meats. Corn or clam chowders. Soups that have large chunks of meat or vegetables less than 1 inch.
If thin liquids allowed, also may have:	<ul style="list-style-type: none"> All thin soups except those on Avoid list. Broth and bouillon.
Vegetables	
Recommended	<ul style="list-style-type: none"> All cooked, tender vegetables. Shredded lettuce.
Avoid	<ul style="list-style-type: none"> All raw vegetables except shredded lettuce. Cooked corn. Nontender or rubbery cooked vegetables.
Miscellaneous	
Recommended	<ul style="list-style-type: none"> All seasonings and sweeteners. All sauces. Nonchewy candies without nuts, seeds, or coconut. Jams, jellies, honey, preserves.
Avoid	<ul style="list-style-type: none"> Nuts, seeds, coconut. Chewy caramel or taffy-type candies. Candies with nuts, seeds, or coconut.

Notes: