

Dysphagia Pureed Diet

Dysphagia is a swallowing impairment resulting from a disease or condition. It is characterized by the disruption of standard behavior, sensory and motor skills in swallowing. Dysphagic diets may be used in diseases and conditions such as Multiple Sclerosis, Muscular Dystrophy and Cerebral Palsy. Pureed diets consist of thick, smooth, uniform, semi liquid textures.

Dietary Recommendations

- Thick, homogeneous textures
- “Spoon-thick” or “pudding thick” pureed foods
- No coarse textures such as nuts and raw vegetables or fruits
- Liquids are thickened to recommended consistency using a commercial thickening agent.

Breads/cereals:	Cream of wheat, cream of rice, smooth cereals, gelatin, pureed bread products, pureed pasta and rice.
Eggs:	Pureed scrambled eggs
Milk Products:	Milk, smooth yogurt, smooth custard pudding
Fruits:	Pureed fruits without seeds or skins, juices, applesauce
Vegetables:	Pureed vegetables without seeds or skins, juices
Fats:	Gravy, margarine, butter, sauces or broths, cream mixed with pureed fruit
Meats/meat subs:	Pureed, cohesive meats or casseroles with gravy or broth to moisten, pureed legumes
Soups:	Pureed soups
Desserts:	Smooth custard and pudding, ice cream, sherbet, gelatin if allowed by swallowing therapist
Beverages:	All, thickened as needed with a commercial thickening agent
Sugars and sweets:	Honey, sugar, syrup, fruit jellies, etc, in allowed foods