

Dysphagia Soft/Easy-to-Chew 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. Soft easy-to-chew diets are for people who have difficulty chewing, manipulating, and swallowing certain foods.

Dietary Recommendation

- Textures are soft with no tough skins.
- No nuts or dry, crispy, raw or stringy foods.
- Minced or diced meats only
- Liquids are thickened to recommended consistency using a commercial thickening agent.

Breads/cereals:	Soft breads, cookies without nuts or seeds, and graham crackers, cooked and cold cereals in milk, waffles, pancakes, rice, pasta, toast without crust if tolerated. Avoid granola, whole grain crackers or crackers with seeds.
Eggs:	Poached, scrambled, egg salad
Milk Products:	Yogurt, pudding, smooth custard, cottage cheese, soft cheese, ricotta, and cream cheese.
Fruits:	Soft fresh or canned fruit without seeds or coarse skins: applesauce, bananas, canned seedless cherries, canned apricots, peeled or canned peaches and pears, crushed pineapple, juices, nectars
Vegetables:	Well-cooked or canned vegetables, skinless soft potatoes, chopped/grated spinach and lettuce, sliced cucumber, no skin/seeds
Fats:	Gravy, sauces, margarine, butter, and seasonings as tolerated
Meats/meat subs:	Moist, shaved tender meats with gravy or products made with ground meats, meat salads, macaroni and cheese, soft sandwiches, casseroles made with allowed foods, smooth peanut butter if tolerated.
Soups:	Well cooked with small pieces
Desserts:	All soft desserts, avoid nuts and hard candies.
Beverages:	All, thickened as needed with a commercial thickening agent

Sugars and sweets: Honey, sugar, syrup, fruit jellies, etc