

**Level 2 Dysphagia Mechanically Altered\***

This diet consists of foods that are moist, soft-textured and easily formed into a bolus. All foods on Level 1 are allowed. Meats and other select foods may be ground or minced into small pieces no larger than 1/4". All food items should be easy to chew.

<b>Food Group</b>	<b>Recommended</b>	<b>Avoid</b>	<b>May have IF thin liquids are allowed</b>
Beverages	All beverages with minimal texture or pulp.  Beverages may need to be thickened to a prescribed consistency.		Milk, juices, coffee, tea, sodas, carbonated beverages, alcoholic beverages, nutritional supplements.  Ice chips.
Breads	Soft pancakes well moistened with syrup or sauce.  Prepared commercial bread mixes, moistened bread crumbs, slurried breads that are gelled through entire thickness of product.	All others.	
Cereals	Cooked cereals with little texture, oatmeal.  Slightly moistened dry cereals with little texture such as corn or wheat flakes, rice crisps, puffed rice/wheat.  Unprocessed wheat bran stirred into cereals for bulk.	Very coarse cooked cereals that may contain flax seed or other seeds or nuts.  Whole-grain dry or coarse cereals.  Cereals with nuts, seeds dried fruit and/or coconut.	Cream or milk for cereals.

\*Adapted from the [National Dysphagia Diet: Standardization for Optimal Care](#). American Dietetic Association © 2002.

<b>Food Group</b>	<b>Recommended</b>	<b>Avoid</b>	<b>May have IF thin liquids are allowed</b>
Desserts	<p> pudding, custard.</p> <p> Soft fruit pies with bottom crust only.</p> <p> Crisps and cobblers without seeds or nuts and with soft breading or crumb mixture.</p> <p> Canned fruit (excluding pineapple).</p> <p> Soft, moist cakes with icing or ‘slurried’ cakes.</p> <p> Slurried cookies or soft moist cookies that have been ‘dunked’ in milk, coffee or other liquid.</p>	<p> Dry, coarse cakes and cookies.</p> <p> Anything with nuts, seeds, coconut, pineapple, or dried fruit.</p> <p> Breakfast yogurt with nuts.</p> <p> Rice or bread pudding.</p> <p> The following are considered thin liquids and should be avoided if thin liquids are restricted:                      Frozen malts, milk shakes, frozen yogurt, eggnog, nutritional supplements, ice cream, sherbet, regular or sugar-free gelatin (jell-o), or any foods that become watery at room temperature.</p>	<p> Frozen malts, milk shakes, frozen yogurt, eggnog, nutritional supplements, ice cream, sherbet,</p> <p> Regular or sugar-free gelatin with canned fruit (except pineapple).</p>
Fats	<p> Butter, margarine, gravy, cream sauces, sour cream, sour cream dips, mayonnaise, salad dressings, cream cheese, whipped topping.</p>	<p> All fats with course or chunky additives</p>	<p> Cream for cereal</p>
Fruits	<p> Soft drained, canned or cooked fruits without seeds or skin.</p>	<p> Whole fruits (fresh, frozen, or dried).</p>	<p> Thin fruit juices.</p> <p> Watermelon</p>

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<b>Food Group</b>	<b>Recommended</b>	<b>Avoid</b>	<b>May have IF thin liquids are allowed</b>
	<p>but be moist and mashable).</p> <p>Soufflé's may have small soft chunks.</p> <p>Tofu.</p> <p>Well-cooked, slightly mashed moist legumes such as baked beans.</p> <p>All meats or protein substitutes should be served with sauces or moistened.</p>		
<p>Potatoes and Starches</p>	<p>Well-cooked, moistened, boiled, baked, or mashed potatoes.</p> <p>Well-cooked pasta in sauce.</p> <p>Spaetzel or soft dumplings that have been moistened with butter or gravy.</p>	<p>Potato skins, shredded crisp hash browns and chips.</p> <p>Fried or French-fried potatoes.</p> <p>Rice.</p>	
<p>Soups</p>	<p>Soups with easy-to-chew or easy-to-swallow meats or vegetables: particle sizes in soups should be less than 1/2 inch (or about the size of a kernel of corn).</p> <p>May need to be thickened to appropriate</p>	<p>Soups with large chunks of meats and vegetables.</p> <p>Soups with rice, corn or peas.</p>	

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Food Group	Recommended	Avoid	May have IF thin liquids are allowed
	consistency.		
Vegetables	All soft, well-cooked vegetables. Vegetables should be less than 1/2 inch and should be easily mashed with a fork.	Cooked corn and peas.  Broccoli, cabbage, brussel sprouts, asparagus or other fibrous, non-tender or rubbery cooked vegetables.	
Miscellaneous	Jams and preserves without seeds, jelly.  Sauces, salsas, etc. that have small tender chunks less than 1/2 inch.  Soft, smooth chocolate bars that are easily chewed.	Seeds, nuts, sticky foods.  Chewy candy such as caramels or licorice.	

If you have any questions about a food or drink being appropriate for a Level 2 Dysphagia Pureed Diet, ask your speech language pathologist, dietitian or other health care provider.

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