**Dysphagia Level 1 Diet**

**(dysphagia pureed)**

Sometimes patients who have trouble chewing and/or swallowing whole foods need a special diet. The National Dysphagia Diet, published in 2002, developed universal terminology for texture-modified diets. The dysphagia pureed diet (level 1) is one of three levels of texture modification that is used.

***Who orders a dysphagia pureed diet?***

Normally a speech therapist will recommend a dysphagia pureed diet after evaluating a patient who has problems chewing or swallowing food. In some cases, medical tests are used to determine the best texture for a patient.

***What types of foods are allowed on this diet?***

All foods are totally pureed to a pudding-like consistency. No coarse textures, raw fruits or vegetables, or nuts are allowed. It is important to include a variety of foods from all different food groups when providing a pureed diet, including fruits, vegetables, grains, meats and meat substitutes, and dairy foods.

***Does pureed food taste bland?***

Unless you have another dietary restriction, you should receive food that is flavored and seasoned like the food on a regular consistency diet.

***Are regular liquids allowed on a dysphagia pureed diet?***

Possibly. Regular liquids are OK for some patients. However, depending on your condition, you might need to have thickened liquids, so you can swallow them safely

Talk to your speech and language pathologist to learn more.

***What is a slurry?***

A slurry is a soft, moist mixture often used for people with swallowing problems. An example is a slice of bread or a pancake moistened with milk. The moisture of the liquid makes it easier for someone with swallowing problems to swallow soft bread products.

**Food Textures for Dysphagia Pureed Diet(dysphagia level 1)**

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| **Food Groups** | **Foods Allowed** | **Foods to Avoid** |
| Meats and meat substitutes | * Pureed meats (pureed to pudding-like consistency) * Smooth soufflés * Soft, moist tofu * Hummus | * Whole, ground, or chopped meats, fish, or poultry * Legumes or lentils, unless pureed * Cheese and cottage cheese, unless pureed * Eggs that are not pureed * Nut butters, unless pureed into other foods to correct consistency |
| Breads | * Pureed bread mixes * Pregelled slurried breads, pancakes, French toast, waffles, sweet rolls, etc | * All other bread, rolls, crackers, biscuits, pancakes, French toast, muffins, etc |
| Cereals | * Smooth cooked cereals, such as farina-type cereals with a pudding-like consistency | * Dry cereals and cooked cereals with lumps, seeds, or chunks * Oatmeal |
| Fruits | * Pureed fruit * Well-mashed fresh bananas | * Whole fruits (fresh, frozen, canned, or dried) |
| Vegetables | * Pureed vegetables without lumps, pulp, or seeds * Tomato sauce without seeds | * All other vegetables that are not pureed |
| Potatoes and starches | * Mashed potatoes and pureed potatoes with gravy, butter, margarine, or sour cream * Well-cooked pasta, noodles, or pureed rice (blended to a smooth consistency) | * All other potatoes, rice, and noodles * Plain mashed potatoes * Cooked grains |
| Desserts | * Smooth pudding custards, yogurt, pureed desserts, and soufflés | * All other desserts * If patient is on thickened liquids, restrict ice cream, ices, milk shakes, frozen yogurt, gelatin, and other frozen desserts, because they are thin-liquid consistency at room temperature |
| Beverages | * Any smooth, homogenous beverage without lumps, chunks, or pulp (may need to thicken to proper consistency) |  |

**References and recommended readings**

American Dietetic Association. Level 1 pureed diet: patient handout. In: *Nutrition Care Manual®*.

Available to subscribers at: [www.nutritioncaremanual.org](http://www.nutritioncaremanual.org/).

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National Dysphagia Diet Task Force. *National Dysphagia Diet: Standardization for Optimal Care.*

Chicago, IL: The American Dietetic Association; 2002.