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 advanced diet (level 3) is one of three levels of texture modification that is used.

***Who orders a dysphagia advanced diet?***

Normally a speech and language pathologist will recommend a dysphagia advanced 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?***

Foods that are nearly normal textures are allowed on the dysphagia advanced diet, with the exception of crunchy, sticky, or very hard foods. The diet includes bite-sized foods that are moist. Foods that are allowed on dysphagia level 1 and level 2 diets also are allowed on the dysphagia advanced diet.

It is important to include a variety of foods from all different food groups when providing a dysphagia advanced diet, including fruits, vegetables, grains, meats and meat substitutes, and dairy foods. The following table provides specific information about foods that are allowed on the dysphagia level 3 diet.

**Food Textures for Dysphagia Advanced Diet (dysphagia level 3)**

|  |  |  |
| --- | --- | --- |
| **Food Groups** | **Foods Allowed** | **Foods to Avoid** |
| Meat and meat substitutes | * Thin-sliced, tender, or ground meats or poultry, well-moistened * Fish * Eggs (any preparation acceptable) * Yogurt (no nuts or coconut) * Casseroles with small chunks of tender or ground meat | * Tough or dry meats or poultry * Dry fish or fish with bones * Chunky peanut butter * Yogurt with nuts or coconut |
| Bread | * Well-moistened breads, biscuits, muffins, pancakes, waffles, etc (add jelly, margarine, and other toppings to moisten well) | * Dry bread, toast, crackers, etc * Tough, crusty breads, such as French bread |
| Cereals | * All well-moistened cereals | * Coarse or dry cereals |
| Fruits | * All canned and cooked fruits * Soft, peeled, ripe fresh fruits, such as peaches, kiwi, mangos, cantaloupe, etc * Soft berries with small seeds, such as strawberries | * Hard-to-chew fresh fruits, such as apples or pears * Stringy, pulpy fruits, such as papaya, pineapple, or mango * Fresh fruits with tough peels, such as grapes * Prunes, apricots, and other dried fruits (unless cooked) |
| Vegetables | * All cooked, tender vegetables * Shredded lettuce | * All raw vegetables, except shredded lettuce * Cooked corn * Rubbery cooked vegetables |
| Potatoes and starches | * All, including rice and tender fried potatoes | * Tough or crisp fried potatoes |
| Desserts | * All desserts, except those on the avoid list | * Dry cakes or cookies that are chewy * Anything with nuts, seeds, dry fruits, coconut, and pineapple |
| Beverages | * Any beverage of recommended consistency |  |