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
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