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## NUTRITION INFORMATION FROM YOUR DIETITIAN

# Dysphagia Diet (Level 5)

### Purpose of Diet

Dysphagia diets are recommended for individuals with temporary or permanent swallowing issues. The goal of the diet is to find the safest and most enjoyable foods for you to eat.

This diet is based on the IDDSI (International Dysphagia Diet Standardization Initiative) framework. Foods and drinks are divided into 8 levels depending on their thickness and texture. Most people will receive a food modification IDDSI level and a drink modification IDDSI level.

#### Drinks (Level 0-4)

- Level 0: Thin
- Level 1: Slightly thick
- Level 2: Mildly thick
- Level 3: Moderately thick
- Level 4: Extremely thick

#### Foods (Level 3-7)

- Level 3: Liquidized
- Level 4: Pureed
- Level 5: Minced and moist
- Level 6: Soft and bite-sized
- Level 7: Regular / Easy to chew

### General guidelines

- A speech therapist or a physician will determine which diet is appropriate for you.
- Some individuals may have two different IDDSI prescriptions – one for food and for liquids. Work with your dietitian to identify which foods and beverages are appropriate for you.
- It can be difficult to meet energy needs on a liquid-based diet. Follow the recommendations of your doctor and nutritionist to ensure your body is getting the nutrition it needs.

### IDDSI Level 5 guidelines

Level 5 foods:

- Are soft and moist but will not drip, leak, or crumble.
- Can be scooped up with a fork.
- Need only minimal chewing but no biting.
- Lumps should be minced into pieces no larger than 4mm in size (the size of a short grain of rice or smaller) for adults. Pieces should be no larger than 2mm for children.
- Lumps can be mashed with the tongue.

**Special Instructions:** Use this space to write special instructions or notes from you dietitian.

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## IDDSI Level 5: Minced and moist

### Tips for preparing foods to meet Level 5 guidelines:





- Remove tough skin and large seeds before pureeing.
- Cut foods into small chunks and blend small amounts to prevent lumping
- Add thickener if product remains too thin
- Breads, cakes, pancakes can be made into a slurry using milk, apple juice, Sprite or gelatin. The bread product must be completely saturated with liquid.

### Recommended foods

FOOD GROUP	FOODS RECOMMENDED	FOODS TO AVOID
<p><b><i>Beverages</i></b></p> 	<p>* Liquids that can be thickened or thinned to the recommended consistency, including:</p> <ul style="list-style-type: none"> <li>• Smoothies</li> <li>• Milkshakes</li> <li>• Fruit juice</li> <li>• vegetable juice</li> <li>• coffee</li> <li>• Tea</li> <li>• Soda</li> <li>• Nutritional supplements</li> <li>• Ice chips</li> </ul> <p>* Follow recommendations from your physician about thickened liquids</p>	<ul style="list-style-type: none"> <li>• Any liquid with lumps, chunks, seeds, pulp, etc.</li> <li>• Any beverage that is too thin</li> </ul>
<p><b><i>Breads and Grains</i></b></p> 	<ul style="list-style-type: none"> <li>• Soft pancakes slurred with syrup</li> <li>• Pureed bread mixes</li> <li>• Breads that are soft, moist, and gelled</li> <li>• Well-cooked minced noodles in sauce</li> <li>• Moist minced macaroni and cheese</li> <li>• Minced casseroles without rice</li> <li>• Soft dumplings that have been minced and moistened with butter or gravy</li> <li>• Rice with sauce or gravy (rice should not be sticky or gluey and should not separate into individual grains)</li> </ul>	<ul style="list-style-type: none"> <li>• Bread, bagels, dinner rolls or any other bread products</li> <li>• Baked goods</li> <li>• Pizza</li> <li>• Popcorn, chips, crackers</li> <li>• Cooked whole grains (rice, quinoa, barley, grits, etc.)</li> </ul>






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<p><b>Cereals</b></p> 	<ul style="list-style-type: none"> <li>• Cooked cereals such as farina and cream of wheat, and rice cereal</li> <li>• Well moistened dry cereals with little texture such as corn flakes, Rice Krispies, or Wheaties (drain extra fluid)</li> </ul>	<ul style="list-style-type: none"> <li>• Overcooked oatmeal</li> <li>• Cooked cereals with large lumps, seeds, or chunks</li> <li>• Whole grain, dry or coarse cereals</li> </ul>
<p><b>Fats</b></p> 	<ul style="list-style-type: none"> <li>• Butter, margarine, sour cream, mayonnaise, whipped topping, cream cheese</li> <li>• Smooth sauces such as white sauce, cheese sauce, or hollandaise sauce (thickened if needed)</li> <li>• Salad dressing without seeds and oils (depending on liquid thickness)</li> </ul>	<ul style="list-style-type: none"> <li>• Fats with coarse or chunky additives</li> <li>• Oils and salad dressings of restricted thickness</li> </ul>
<p><b>Fruits</b></p> 	<ul style="list-style-type: none"> <li>• Minced or mashed fruits without seeds or skin and excess juice drained (fresh, cooked, or canned)</li> <li>• Applesauce</li> <li>• Fresh, ripe mashed banana</li> <li>• Fruit juices with small amounts of pulp (may need to be thickened to appropriate consistency if thin liquids are restricted)</li> </ul>	<ul style="list-style-type: none"> <li>• Whole fruits (fresh, frozen, canned)</li> <li>• Dried fruits</li> <li>• Cooked fruits with skin or seeds</li> <li>• Pineapple (fresh, cooked, or canned)</li> <li>• Grapes</li> </ul>
<p><b>Meat and Meat Substitutes</b></p> 	<ul style="list-style-type: none"> <li>• Moistened ground or minced beef, poultry, or fish with gravy or sauce</li> <li>• Casseroles with tender meat and vegetables</li> <li>• Moist meatballs, meat loaf or fish loaf</li> <li>• Soft tuna or egg salad</li> <li>• Smooth quiche</li> <li>• Moist, mashed, poaches, scrambled or soft-cooked eggs</li> <li>• Well cooked, mashed legumes or beans</li> <li>• Hummus or pureed legume/bean spread</li> <li>• Tofu</li> </ul>	<ul style="list-style-type: none"> <li>• Whole or ground meats, fish or poultry</li> <li>• Bacon, hot dogs, and sausage</li> <li>• Cheese, cottage cheese</li> <li>• Fried, scrambled, or hard cooked eggs</li> <li>• Peanut butter (unless blended and thinned)</li> <li>• Nuts and seeds</li> </ul>

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<p><b>Milk and Milk Products</b></p> 	<ul style="list-style-type: none"> <li>Milk and buttermilk (may need to be thickened)</li> <li>Thickened smooth yogurt</li> <li>Cottage cheese</li> </ul>	<ul style="list-style-type: none"> <li>Yogurt with seeds, nuts, or lumps</li> <li>Cheese slices and cheese cubes</li> <li>Liquid consistencies not allowed</li> </ul>
<p><b>Potatoes and Substitutes</b></p> 	<ul style="list-style-type: none"> <li>Boiled, baked or mashed potatoes that are well cooked and moistened with sauce</li> <li>Shredded hash browns that are well cooked but NOT crisp and moistened with sauce</li> </ul>	<ul style="list-style-type: none"> <li>French fries or fried potatoes</li> <li>Crispy hash browns</li> </ul>
<p><b>Soups</b></p> 	<p>Soup with easy-to-chew or easy-to-swallow meats or vegetables that meet Level 5 guidelines (may need to be thickened)</p>	<ul style="list-style-type: none"> <li>Soups with large chunks of meat or vegetables</li> <li>Soups with rice, corn, peas</li> <li>Soups of restricted liquid consistency</li> </ul>
<p><b>Sweets and Desserts</b></p> 	<ul style="list-style-type: none"> <li>Pudding, custard</li> <li>Soft fruit pies with bottom crust only</li> <li>Crisps or cobblers without seeds or nuts</li> <li>Soft, moist cakes with icing or “slurried cakes”</li> <li>Pre-gelled cookies or soft, moist cookies that have been dunked in milk or another liquid</li> <li>Ice cream, frozen yogurt, sherbet, eggnog, milkshakes, malts*</li> </ul> <p>*Frozen desserts need to be checked for thickness (and thickened if needed) at room temperature.</p>	<ul style="list-style-type: none"> <li>Dry, coarse cakes and cookies</li> <li>Desserts with nuts, seeds, coconut, pineapple, or dried fruit</li> <li>Products that turn to liquid at room or body temperature and are too thick or thin</li> </ul>
<p><b>Vegetables</b></p> 	<ul style="list-style-type: none"> <li>Soft, well-cooked vegetables that are <ul style="list-style-type: none"> <li>Chopped or diced to less than 4mm (adults), or 2 mm (children)</li> <li>Easily mashed with a fork</li> </ul> </li> <li>Tomato paste or sauce without seeds</li> </ul>	<ul style="list-style-type: none"> <li>Cooked corn and peas</li> <li>Broccoli, cabbage, Brussel sprouts, asparagus or other fibrous, nontender, or rubbery vegetables</li> <li>Tomato sauce with seeds</li> <li>Salads or any other raw vegetable</li> </ul>

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