
NUTRITION INFORMATION FROM YOUR DIETITIAN

Dysphagia Diet (Level 1)

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 1 guidelines

Level 1 drinks:


- Are slightly thicker than water
- Have thickness or consistency like baby's formula
- Can be easily sucked through a small straw (or nipple on a bottle)

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

This handout is intended for use during an appointment with a registered dietitian only and is not meant for use by other clinicians.





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IDDSI Level 1: Slightly Thick

FOOD GROUP	FOODS RECOMMENDED	FOODS TO AVOID
<p>Beverages</p> 	<p>* Liquids that can be thickened or thinned to a Level 1 consistency, including:</p> <ul style="list-style-type: none"> • Smoothies • Milkshakes • Fruit juice • vegetable juice • coffee • Tea • Soda • Nutritional supplements • Ice chips <p>* Follow recommendations from your physician about thickened liquids</p>	<ul style="list-style-type: none"> • Any liquid with lumps, chunks, seeds, pulp, etc. • Any beverages of restricted thickness or any beverage that isn't properly thickened or thinned
<p>Breads and Grains</p> 	<p>There are no recommended Level 1 foods in this category</p>	<ul style="list-style-type: none"> • Rice • Pasta • Bread, bagels, dinner rolls or any other bread products • Baked goods • Pizza • Popcorn, chips, crackers • Cooked grains (quinoa, barley, grits, etc.)
<p>Cereals</p> 	<p>Smooth, cooked cereals thinned to Level 1 thickness</p>	<ul style="list-style-type: none"> • Oatmeal or cooked cereals with lumps, seeds, or chunks • Dry cereals
<p>Fats</p> 	<ul style="list-style-type: none"> • Butter, margarine • Strained thin gravy • Salad dressing without seeds and oils (depending on liquid thickness) • Smooth sauces such as white sauce, cheese sauce, or hollandaise sauce (depending on liquid thickness) 	<ul style="list-style-type: none"> • Fats with coarse or chunky additives • Oils and salad dressings of restricted thickness



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<p>Fruits</p> 	<p>Thickened fruit juices</p>	<ul style="list-style-type: none"> • Whole fruits (fresh, frozen, canned) • Dried fruits • Pineapple, oranges or other stringy, high pulp fruit • Thin fruit juices • Watermelon • Other juicy fruit
<p>Meat and Meat Substitutes</p> 	<p>Thickened meat broth</p>	<ul style="list-style-type: none"> • Whole or ground meats, fish or poultry • Bacon, hot dogs, and sausage • Cheese, cottage cheese • Fried, scrambled or hard cooked eggs • Lentils or legumes • Peanut butter • Nuts and seeds
<p>Milk and Milk Products</p> 	<ul style="list-style-type: none"> • Milk and buttermilk (may need to be thickened) • Liquid yogurt beverage 	<ul style="list-style-type: none"> • Regular yogurt • All types of cheeses, including cottage cheese and Cheese Whiz
<p>Soups</p> 	<p>All strained, cream-based or broth-based soups if texture meets thickness requirements</p>	<p>Soups with chunks of meat or vegetables</p>

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FOOD GROUP	FOODS RECOMMENDED	FOODS TO AVOID
<p>Sweets and Desserts</p> 	<ul style="list-style-type: none"> • Frozen yogurt* • Ice cream* • Malts* • Iced desserts* • Popsicles* • Eggnog <p>* Frozen desserts need to be checked for thickness (and thickened if needed) at room temperature.</p>	<ul style="list-style-type: none"> • Baked goods, such as cookies, cakes, pies, and pastries • Coarse or textured puddings, bread and rice pudding • Fruited yogurt • Products that turn to liquid at room or body temperature and are too thick or thin, such as Jell-O
<p>Vegetables</p> 	<ul style="list-style-type: none"> • Thickened vegetable juice • Thickened tomato juice 	<ul style="list-style-type: none"> • Whole vegetables • Thin vegetable juice • Thin tomato juice

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