

Level 2 Dysphagia Mechanically Altered*

This diet consists of foods that are moist, soft-textured and easily formed into a bolus. All foods on Level 1 are allowed. Meats and other select foods may be ground or minced into small pieces no larger than ¼". All food items should be easy to chew.

Food Group	Recommended	Avoid	May have IF thin liquids are allowed
Beverages	<p>All beverages with minimal texture or pulp.</p> <p>Beverages may need to be thickened to a prescribed consistency.</p>		<p>Milk, juices, coffee, tea, sodas, carbonated beverages, alcoholic beverages, nutritional supplements.</p> <p>Ice chips.</p>
Breads	<p>Soft pancakes well moistened with syrup or sauce.</p> <p>Prepared commercial bread mixes, moistened bread crumbs, slurried breads that are gelled through entire thickness of product.</p>	All others.	
Cereals	<p>Cooked cereals with little texture, oatmeal.</p> <p>Slightly moistened dry cereals with little texture such as corn or wheat flakes, rice crisps, puffed rice/wheat.</p> <p>Unprocessed wheat bran stirred into cereals for bulk.</p>	<p>Very coarse cooked cereals that may contain flax seed or other seeds or nuts.</p> <p>Whole-grain dry or coarse cereals.</p> <p>Cereals with nuts, seeds dried fruit and/or coconut.</p>	Cream or milk for cereals.

*Adapted from the National Dysphagia Diet: Standardization for Optimal Care. American Dietetic Association © 2002.

Food Group	Recommended	Avoid	May have IF thin liquids are allowed
Desserts	<p>Pudding, custard.</p> <p>Soft fruit pies with bottom crust only.</p> <p>Crisps and cobblers without seeds or nuts and with soft breading or crumb mixture.</p> <p>Canned fruit (excluding pineapple).</p> <p>Soft, moist cakes with icing or 'slurried' cakes.</p> <p>Slurried cookies or soft moist cookies that have been 'dunked' in milk, coffee or other liquid.</p>	<p>Dry, coarse cakes and cookies.</p> <p>Anything with nuts, seeds, coconut, pineapple, or dried fruit.</p> <p>Breakfast yogurt with nuts.</p> <p>Rice or bread pudding.</p> <p>The following are considered thin liquids and should be avoided if thin liquids are restricted: Frozen malts, milk shakes, frozen yogurt, eggnog, nutritional supplements, ice cream, sherbet, regular or sugar-free gelatin (jell-o), or any foods that become watery at room temperature.</p>	<p>Frozen malts, milk shakes, frozen yogurt, eggnog, nutritional supplements, ice cream, sherbet,</p> <p>Regular or sugar-free gelatin with canned fruit (except pineapple).</p>
Fats	<p>Butter, margarine, gravy, cream sauces, sour cream, sour cream dips, mayonnaise, salad dressings, cream cheese, whipped topping.</p>	<p>All fats with coarse or chunky additives</p>	<p>Cream for cereal</p>
Fruits	<p>Soft drained, canned or cooked fruits without seeds or skin.</p>	<p>Whole fruits (fresh, frozen, or dried).</p>	<p>Thin fruit juices.</p> <p>Watermelon</p>

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Food Group	Recommended	Avoid	May have IF thin liquids are allowed
	<p>Fresh soft/ripe banana.</p> <p>Fruit juices with small amounts of pulp (may need to be thickened to appropriate consistency if thin liquids are not allowed).</p>	<p>Cooked fruits with skin or seeds.</p> <p>Fresh, canned or cooked pineapple.</p>	<p>without seeds.</p>
<p>Meat and Meat Substitutes</p> <p><i>Meat and Meat Substitutes (cont.)</i></p>	<p>Moistened ground or cooked meat, poultry, or fish. Moist ground or tender meat may be served with gravy or sauce.</p> <p>Casseroles without rice.</p> <p>Moist macaroni and cheese, well-cooked pasta with meat sauce, tuna-noodle casserole, and soft, moist lasagna.</p> <p>Moist meatballs, meat loaf or fish loaf.</p> <p>Protein salads such as tuna or egg without large chunks, celery or onion.</p> <p>Cottage cheese, smooth quiche without large chunks.</p> <p>Poached, scrambled, or soft-cooked egg (egg yolks should not be runny</p>	<p>Dry meats, tough meats (such as bacon, sausage, hot dogs, bratwurst).</p> <p>Dry casseroles or casseroles with rice or large chunks.</p> <p>Cheese slices and cubes.</p> <p>Peanut butter.</p> <p>Hard-cooked or crisp fried eggs.</p> <p>Sandwiches.</p> <p>Pizza.</p>	

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	<p>but be moist and mashable).</p> <p>Soufflé's may have small soft chunks.</p> <p>Tofu.</p> <p>Well-cooked, slightly mashed moist legumes such as baked beans.</p> <p>All meats or protein substitutes should be served with sauces or moistened.</p>		
Potatoes and Starches	<p>Well-cooked, moistened, boiled, baked, or mashed potatoes.</p> <p>Well-cooked pasta in sauce.</p> <p>Spaetzel or soft dumplings that have been moistened with butter or gravy.</p>	<p>Potato skins, shredded crisp hash browns and chips.</p> <p>Fried or French-fried potatoes.</p> <p>Rice.</p>	
Soups	<p>Soups with easy-to-chew or easy-to-swallow meats or vegetables: particle sizes in soups should be less than 1/2 inch (or about the size of a kernel of corn).</p> <p>May need to be thickened to appropriate</p>	<p>Soups with large chunks of meats and vegetables.</p> <p>Soups with rice, corn or peas.</p>	

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Vegetables	All soft, well-cooked vegetables. Vegetables should be less than 1/2 inch and should be easily mashed with a fork.	Cooked corn and peas. Broccoli, cabbage, brussel sprouts, asparagus or other fibrous, non-tender or rubbery cooked vegetables.	
Miscellaneous	Jams and preserves without seeds, jelly. Sauces, salsas, etc. that have small tender chunks less than 1/2 inch. Soft, smooth chocolate bars that are easily chewed.	Seeds, nuts, sticky foods. Chewy candy such as caramels or licorice.	

If you have any questions about a food or drink being appropriate for a Level 2 Dysphagia Pureed Diet, ask your speech language pathologist, dietitian or other health care provider.