

Level 1 Dysphagia Pureed*

This diet consists of foods that are pureed, homogenous and cohesive. Foods should be “pudding-like”. Foods that require bolus formation, controlled manipulation and chewing are not allowed.

Food Group	Recommended	Avoid	May have IF thin liquids are allowed
Beverages	Any smooth homogenous beverage without lumps, chunks, or pulp. Beverages may need to be thickened to a prescribed consistency.	Any beverages with lumps, chunks, seeds, pulp, etc.	Milk, juices, coffee, tea, sodas, carbonated beverages, alcoholic beverages, nutritional supplements. Ice chips.
Breads	Prepared commercial bread mixes, moistened bread crumbs, slurried breads or pancakes that are gelled through entire thickness of product.	All other breads, rolls, crackers, biscuits, waffles, French toast, muffins, etc.	
Cereals	Cooked cereals such as farina-type cereals.	All dry cereals. Cooked cereals with lumps, seeds or chunks. Oatmeal.	Small amounts of cream or milk may be stirred in to cooked cereals to just enough to moisten them.
Desserts	Smooth puddings, custards, yogurt, pureed desserts and soufflés.	Ices, gelatins (jell-o), frozen juice bars, cookies, cakes, pies, pastry, coarse or textured puddings, bread and rice pudding, fruited yogurt. The following are considered thin liquids	Frozen malts, milk shakes, frozen yogurt, eggnog, nutritional supplements, ice cream, sherbet, regular or sugar-free gelatin (jell-o).

*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
		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.	
Fats	Butter, margarine, strained gravy, sour cream, mayonnaise, cream cheese, whipped topping. Smooth sauces such as cheese sauce, white sauce or hollandaise sauce.	All fats with coarse or chunky additives	
Fruits	Pureed fruits or well mashed fresh bananas. Fruit juices without pulp, seeds, or chunks (may need to be thickened to appropriate consistency if thin liquids are not allowed).	Whole fruits (fresh, frozen, canned, or dried).	Unthickened fruit juices.
Meat and Meat Substitutes	Pureed meats. Braunschweiger. Pureed eggs. Soufflés that are smooth. Softened tofu mixed with	Whole or ground meats, fish or poultry. Non-pureed lentil or legumes. Fried, scrambled, or soft and hard-cooked	

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Food Group	Recommended	Avoid	May have IF thin liquids are allowed
<i>Meat and Meat Substitutes (cont.)</i>	moisture. Hummus or other pureed legume spreads.	eggs. Cheeses, cottage cheese. Peanut butter, unless pureed into a food.	
Potatoes and Starches	Mashed or pureed potatoes with gravy, butter, margarine or sour cream. Well-cooked pasta, noodles, bread dressing / stuffing or rice that have been pureed in a blender to a smooth, homogeneous consistency.	All other potatoes, rice and noodles. Plain mashed potatoes, cooked grains. Non-pureed bread dressing / stuffing.	
Soups	Soups that have been pureed in a blender or strained. May need to be thickened to appropriate consistency.	Soups that have chunks, lumps, etc.	Broth and other thin, strained soups.
Vegetables	Pureed vegetables without chunks, lumps, pulp or seeds. Tomato paste or sauce without seeds. Tomato or vegetable juice (may need to thicken to appropriate consistency if thin liquids are not allowed).	All other vegetables that have not been pureed. Tomato sauce with seeds, thin tomato juice.	Thin tomato or vegetable juices.

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Food Group	Recommended	Avoid	May have IF thin liquids are allowed
Miscellaneous	<p>Sugar, artificial sweetener, salt, finely ground pepper, and spices.</p> <p>Ketchup, mustard, barbeque sauce, and other smooth sauces.</p> <p>Honey, smooth jelly.</p> <p>Very soft smooth candy such as truffles.</p>	<p>Coarsely ground pepper and herbs.</p> <p>Chunky fruit preserves and seedy jams.</p> <p>Seeds, nuts, sticky foods.</p> <p>Chewy candy such as caramels or licorice.</p>	<p>Smooth chocolate candy with no nuts, sprinkles, etc.</p>

If you have any questions about a food or drink being appropriate for a Level 1 Dysphagia Pureed Diet, ask your speech language pathologist, dietitian or other health care provider.