**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.

<table>
<thead>
<tr>
<th>Food Group</th>
<th>Recommended</th>
<th>Avoid</th>
<th>May have IF thin liquids are allowed</th>
</tr>
</thead>
<tbody>
<tr>
<td>Beverages</td>
<td>Any smooth homogenous beverage without lumps, chunks, or pulp. Beverages may need to be thickened to a prescribed consistency.</td>
<td>Any beverages with limps, chunks, seeds, pulp, etc.</td>
<td>Milk, juices, coffee, tea, sodas, carbonated beverages, alcoholic beverages, nutritional supplements. Ice chips.</td>
</tr>
<tr>
<td>Breads</td>
<td>Prepared commercial bread mixes, moistened bread crumbs, slurried breads or pancakes that are gelled through entire thickness of product.</td>
<td>All other breads, rolls, crackers, biscuits, waffles, French toast, muffins, etc.</td>
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</tr>
<tr>
<td>Cereals</td>
<td>Cooked cereals such as farina-type cereals.</td>
<td>All dry cereals. Cooked cereals with lumps, seeds or chunks. Oatmeal.</td>
<td>Small amounts of cream or milk may be stirred in to cooked cereals to just enough to moisten them.</td>
</tr>
<tr>
<td>Desserts</td>
<td>Smooth puddings, custards, yogurt, pureed desserts and soufflés.</td>
<td>Ices, gelatins (jell-o), frozen juice bars, cookies, cakes, pies, pastry, coarse or textured puddings, bread and rice pudding, fruited yogurt.</td>
<td>Frozen malts, milk shakes, frozen yogurt, eggnog, nutritional supplements, ice cream, sherbet, regular or sugar-free gelatin (jell-o).</td>
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<td></td>
<td></td>
<td>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.</td>
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<td>All fats with course or chunky additives</td>
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<tr>
<td>Fats</td>
<td>Butter, margarine, strained gravy, sour cream, mayonnaise, cream cheese, whipped topping. Smooth sauces such as cheese sauce, white sauce or hollandaise sauce.</td>
<td>Whole fruits (fresh, frozen, canned, or dried).</td>
<td>Unthickened fruit juices.</td>
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<tr>
<td>Fruits</td>
<td>Pureed fruits or well mashed fresh bananas.</td>
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<td></td>
<td>Fruit juices without pulp, seeds, or chunks (may need to be thickened to appropriate consistency if thin liquids are not allowed).</td>
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<tr>
<td>Meat and Meat Substitutes</td>
<td>Pureed meats.</td>
<td>Whole or ground meats, fish or poultry.</td>
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<tr>
<td></td>
<td>Braunschweiger.</td>
<td>Non-pureed lentil or legumes.</td>
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<tr>
<td></td>
<td>Pureed eggs.</td>
<td>Fried, scrambled, or soft and hard-cooked</td>
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<td></td>
<td>Soufflés that are smooth.</td>
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<td></td>
<td>Softened tofu mixed with</td>
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<td><strong>Meat and Meat Substitutes (cont.)</strong></td>
<td>moisture. Hummus or other pureed legume spreads.</td>
<td>eggs. Cheeses, cottage cheese. Peanut butter, unless pureed into a food.</td>
<td></td>
</tr>
<tr>
<td>Potatoes and Starches</td>
<td>Mashed or pureed potatoes with gravy, butter, margarine or sour cream.</td>
<td>All other potatoes, rice and noodles.</td>
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<tr>
<td></td>
<td>Well-cooked pasta, noodles, bread dressing / stuffing or rice that have</td>
<td>Plain mashed potatoes, cooked grains.</td>
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<tr>
<td></td>
<td>been pureed in a blender to a smooth, homogeneous consistency.</td>
<td>Non-pureed bread dressing / stuffing.</td>
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</tr>
<tr>
<td>Soups</td>
<td>Soups that have been pureed in a blender or strained. May need to be</td>
<td>Soups that have chunks, lumps, etc.</td>
<td>Broth and other thin, strained soups.</td>
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<tr>
<td></td>
<td>thickened to appropriate consistency.</td>
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<tr>
<td>Vegetables</td>
<td>Pureed vegetables without chunks, lumps, pulp or seeds.</td>
<td>All other vegetables that have not been pureed.</td>
<td>Thin tomato or vegetable juices.</td>
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<td></td>
<td>Tomato paste or sauce without seeds.</td>
<td>Tomato sauce with seeds, thin tomato juice.</td>
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<td></td>
<td>Tomato or vegetable juice (may need to thicken to appropriate consistency if</td>
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<td>thin liquids are not allowed).</td>
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<td>Miscellaneous</td>
<td>Sugar, artificial sweetener, salt, finely ground pepper, and spices.</td>
<td>Coarsely group pepper and herbs.</td>
<td>Smooth chocolate candy with no nuts, sprinkles, etc.</td>
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<tr>
<td></td>
<td>Ketchup, mustard, barbeque sauce, and other smooth sauces.</td>
<td>Chunky fruit preserves and seedy jams.</td>
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<td></td>
<td>Honey, smooth jelly.</td>
<td>Seeds, nuts, sticky foods.</td>
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<td></td>
<td>Very soft smooth candy such as truffles.</td>
<td>Chewy candy such as caramels or licorice.</td>
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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.

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