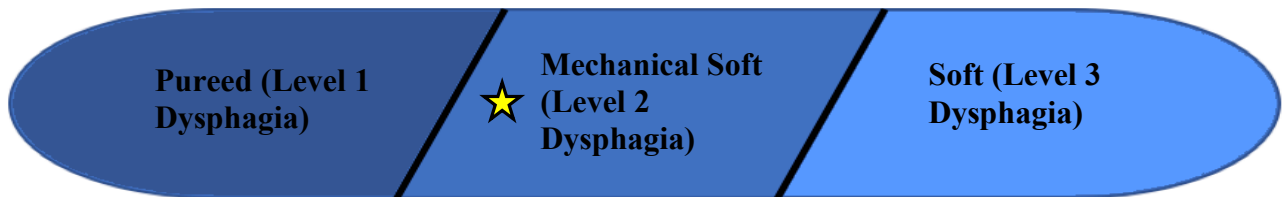


Mechanical Soft Diet

What is Dysphagia?

Dysphagia is the medical term used to describe difficulty swallowing.

Overview of Dysphagia Diets



<p>Guidelines: Foods are pureed to pudding consistency or soaked in liquid to soften. All foods should be smooth and free of lumps.</p>	<p>Guidelines: Foods are moist, soft textured, and easy to chew. Fish is tender, meats are moistened and ground. Cookies are moistened. Vegetables are well-cooked and cut into small pieces (½ inch or smaller).</p>	<p>Guidelines: Foods are soft, easy to chew and swallow, and are moist, in bite-size pieces (½ inch or smaller). Meats and fish must be tender.</p>
<p>Avoid: Solid foods, pureed foods with small particles or seeds, or foods that cannot be pureed to pudding consistency, peanut butter,</p>	<p>Avoid: Hard or crunchy food items, items with seeds or nuts, raw vegetables, dried fruit, tough skins, potato skins, potato chips, French fries, peanut butter</p>	<p>Avoid: Hard or crunchy food items, nuts, large seeds, raw vegetables (lettuce is okay), corn, grapes, fresh apple, dried fruits, croutons, potato skins, dry meats.</p>

What is Mechanical Soft (Dysphagia 2) diet?

Mechanical Soft diet is designed for people who have chewing or swallowing difficulties. Foods are moist, soft textured and easily formed into bolus. Meats are ground or minced no larger than ¼ inch and are still moist.

Who will benefit from a Mechanical Soft diet?

- People have problems with teeth
- People with swallowing difficulty
- People recovering from head, neck, mouth surgery
- People having chemotherapy of the head, neck or stomach area, which could cause pain the mouth and throat.

Importance of Dysphagia Diet

- Allow minimal chewing for people who just had head, neck or mouth surgery
- Foods that are difficult to chew and swallow can be potential choking hazards

Foods Preparation

Meats and Meats Substitutes (Beef, Chicken, Pork)

Meats are ground or minced no larger than ¼ inch and are still moist. May serve with sauce/gravy.

Examples: Ground hot dog, ground hamburger with gravy, ground cheese burger with gravy, ground roast beef with gravy, ground hot roast beef, ground ham/roast beef, turkey or chicken salad.

***Fish is not necessarily to be ground or minced. However, should be very moist and soft textured.**

Vegetables

Vegetables must be well-cooked until soft enough to be easily mashed with a fork. Skin should be peeled.

Examples: Steamed green beans, steamed baby carrots, peeled baked potato, peeled sweet potato.

***No raw vegetables allowed.**

Fruits

Fruits must be drained, canned, or cooked without seeds or skins.

Examples: Banana (ripe enough), apple sauce.

***No raw fruits allowed (whole apple/orange)**

Miscellaneous

Bread, must be thin white or thin wheat.

Pancakes, French toast, vegetable lasagna must be very soft and moistened.

Liquids

Patients can be on thin liquids or thickened liquids depending on the diet prescribed by the speech pathologist.

- Nectar Thickened
- Honey Thickened

Foods that can be melted to liquids at room temperature would not be allowed for nectar thickened/honey thickened diet.

Examples: Chocolate, vanilla ice cream.