

In-service Training Outline  
Mechanical Soft/Dysphagia 2 Diet

- I. Introductions (3 minutes) (Amanda, Amy)
- II. Pre-test (2-3 minutes) (Amanda, Amy)
- III. What is dysphagia? (Amanda)
  - A. Means difficulty swallowing
- IV. Mechanical soft/dysphagia 2 diet (10 minutes)
  - A. Definition (Amanda)
    1. Moist, soft-textured and easily formed into bolus foods
    2. Regular foods need to be modified to make them easier to chew/swallow
      - a) Blending, chopping, grinding, mashing, shredding, or cooking the food
    3. Foods such as meats and other select foods need to be ground/minced into small pieces no larger than ¼”
    4. Liquids need to be thickened because they are hard to swallow
    5. The degree of modification and thickening depends on level of swallowing issues
  - B. Importance of dysphagia 2 diet (Amanda)
    1. Foods that are difficult to chew and swallow can be potential choking hazards or could be aspirated
    2. Allow minimal chewing for people just had head, neck, mouth surgery
  - C. Health benefits (Amanda)
    1. Safe swallowing to prevent consequences of dysphagia
    2. Provides an appropriate management and treatment plan
  - D. Food preparation (Amy)
    1. Foods
      - a) Blend foods--food processor, food chopper, grinder or potato masher
      - b) Moisten foods/add flavors--gravies and sauces
      - c) Soften foods-- add gravies, syrups, sauces
      - d) Can add dry milk powder to foods for extra protein and calories
      - e) Cook vegetables until soft enough to mash with a fork
    2. Thickened liquids
      - a) Nectar
      - b) Honey
  - E. Foods allowed on dysphagia 2 diet (Amy)
    1. Soft pancakes, breads, rolls, pastries and fresh toast with syrup or sauce
    2. Cooked cereals such as oatmeal
    3. Moistened dry cereal with little texture like corn flakes
    4. Cakes or cookies moistened and softened with milk, coffee, or other
    5. Vegetables must be well-cooked, boiled, baked or mashed

6. Fruits must be drained, canned, or cooked without seeds or skins
7. Dairy is allowed--pudding, custard, or cottage cheese
8. Ice cream, sherbet, frozen yogurt or malts
9. Meats must be ground and cooked to tender--must have a sauce or gravy on top

F. Post-test. (5-7 minutes) (Amy, Amanda)