

Dysphagia Soft and Bite Size (Level 6)

Advanced Diet

Foods are of a texture that require chewing but not biting. Foods are soft, tender and moist throughout but do not have separate thin liquids. All foods must be diced to ½-inch size or about the size of a thumbnail (for adults).

Liquid Consistency

Thickened liquids should be smooth (without lumps, chunks or pulp) and be thickened to the following (checked) consistency. Naturally thicker liquids (tomato juice, eggnog, ready-to-drink nutrition beverages) may need to be thickened to reach the desired consistency.

- Thin (level 0):** Flows like water.
Examples include:
 - milk
 - juice

- coffee, tea
- soda, carbonated beverages
- ready-to-drink nutrition beverages.

- Mildly thick (level 2):** Pours quickly from a spoon but slower than thin liquids (consistency of apricot nectar).
- Moderately thick (level 3):** Pours from a spoon when tilted and does not stick to the spoon (thicker than mildly thick).
- Extremely thick (level 4):** Falls off spoon in a single spoonful when tilted and holds shape on a plate. Cannot be drank.

No solids that can melt in your mouth and become a thin liquid are allowed on a thickened liquids above level 0 diet (ice cream, sherbet, plain gelatin).

Foods to Eat and Avoid	
Foods Allowed	Foods Not Allowed
Cereals well-moistened cooked cereals with lumps no larger than ½ inch and are drained of all extra liquid; softened, drained cold cereal with lumps no larger than ½ inch and are drained of all extra liquid	Cereals all other cereals
Fruits soft, diced fruits no larger than ½ inch in size (canned or cooked only) drained of all extra liquid and served mashed; soft, peeled fresh fruits (banana, peaches, cantaloupe) mashed in pieces no larger than ½ inch in size	Fruits all other fruits

(over)

Foods to Eat and Avoid

Foods Allowed	Foods Not Allowed
<p>Vegetables all soft, well-cooked vegetables diced to no larger than ½ inch in size</p>	<p>Vegetables all raw vegetables; stir-fry vegetables</p>
<p>Meats and Meat Substitutes tender and moist meats, poultry and fish that are ground or diced into pieces no larger than ½ inch in size</p>	<p>Meats and Meat Substitutes tough, dry meats and poultry; dry fish or fish prepared with fish bones; chunky peanut butter; yogurt with nuts, fruit chunks or coconut; cheeses larger than ½ inch in size</p>
<p>Potatoes and Starches potatoes and noodles that are well-cooked, diced into pieces no larger than ½ inch in size with sauce that does not separate from the noodles; rice and rice dishes (as tolerated)</p>	<p>Potatoes and Starches potato skins and chips; potatoes that are fried or cut up, sprinkled with oil and baked; dry bread dressing; grainy, sticky rice</p>
<p>Soups cream soups that have been pureed in a blender or strained</p> <p>Soups need to be the consistency checked on the front side of this fact sheet.</p>	<p>Soups soups with chunks of any kind</p>
<p>Desserts soft, moist foods diced into pieces no larger than ½ inch in size</p> <p>Ice cream, malts, milkshakes, sherbet and gelatin are only allowed if you can safely drink thin liquids.</p>	<p>Desserts all other desserts</p>
<p>Other all seasonings, sweeteners, sauces, jams, jellies or honey</p>	<p>Other chewy caramel-type candies with nuts, seeds or coconuts; all nuts, seeds or coconut</p>
<p>Breads pre-gelled (soaked) breads that are moist and gelled through the entire thickness of the bread</p>	<p>Breads all other breads</p>



Pre-gelled Bread

Makes 2 servings

Ingredients

1 tablespoon + 2 teaspoons vegetable broth
1 tablespoon gelatin powder
2 slices bread (any kind)
nonstick cooking spray

Directions

1. In a shallow pan, combine broth and gelatin. Stir.
2. Add bread to pan in a single layer. Allow to soak in gelatin mixture for 2 minutes. Use a spatula to flip bread and allow to soak for 1 more minute. Make sure bread is completely soaked in the gelatin mixture.
3. Spray another pan with nonstick cooking spray. Use a spatula to transfer soaked bread to prepared pan. Place in the refrigerator for 2 hours or until gelatin has set.
4. Remove from refrigerator and allow to sit at room temperature for 1 hour.
5. Enjoy!

