

# Dysphagia Easy To Chew (Level 7)

Foods are normal, everyday foods of a soft, tender texture. This diet may be right for you if you:

- usually eat soft food and have weaker chewing muscles for hard or firm texture
- have mouth or jaw pain
- have had a recent illness and are regaining strength.

## 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
<p><b>Cereals</b> cereals with a soft texture that are drained of all extra liquid</p>	<p><b>Cereals</b> hard, dry cereals</p>
<p><b>Fruits</b> canned and cooked fruits that can be broken apart with the side of a spoon or fork; soft, peeled fruits such as peaches, nectarines, kiwi, melon and soft berries with small seeds (strawberries); moist cooked raisins (in recipes)</p>	<p><b>Fruits</b> fresh fruits that are hard to chew such as apples, pears and grapes; stringy fruits high in pulp such as papaya, pineapple and mango; dried fruits such as prunes, apricots and raisins; sticky and chewy fruit products such as fruit snacks and fruit leather</p>

## Foods to Eat and Avoid

Foods Allowed	Foods Not Allowed
<p><b>Vegetables</b> all soft, tender vegetables including potatoes soft enough to be broken apart with the side of a spoon or fork</p>	<p><b>Vegetables</b> all raw vegetables; undercooked vegetables (some stir-fried vegetables); cooked vegetables that are fibrous, tough or stringy such as green beans, pea pods and rhubarb; tough, crisp-fried vegetables such as potato skins and crisp-fried potatoes</p>
<p><b>Meats and Meat Substitutes</b> prepared, moistened tender meats or meat substitutes; poultry and fish served with gravy or sauce; tender, thin-sliced deli meats (cut-up or chopped, if needed); bacon and sausage (if tolerated); eggs; casseroles with tender ingredients; smooth nut and seed butters; yogurt without nuts or coconut; cottage cheese; cream cheese; prepared, moistened legumes such as dried beans and lentils</p>	<p><b>Meats and Meat Substitutes</b> tough, dry meats and poultry; dry fish or fish prepared with fish bones; tough, dry or stringy deli meats such as pastrami and corned beef; chunky nut and seed butters; whole nuts and seeds; crisp bacon; hard, dry cheeses; sticky or chewy cheese; cream cheese spread with coarse or chunky ingredients such as nuts or pineapple</p>
<p><b>Potatoes and Starches</b> all starches including couscous, pasta, quinoa, rice and moist bread dressing</p>	<p><b>Potatoes and Starches</b> sticky mashed potatoes or other sticky foods</p>
<p><b>Soups</b> all soups with soft, tender ingredients</p> <p><b>Soups need to be the consistency checked on the front side of this fact sheet.</b></p>	<p><b>Soups</b> soups with hard, crunchy or chewy ingredients; soups made with any of the foods that are not allowed</p>
<p><b>Desserts</b> pudding, custard, baked goods made with allowed foods, non-chewy candies without nuts or seeds</p> <p><b>Pudding, custard, ice cream, malts, milkshakes, sherbet and gelatin are only allowed if you can safely drink thin liquids.</b></p>	<p><b>Desserts</b> dry cakes and cookies that are chewy or sticky; candies with nuts, seeds or coconut; chewy caramel or taffy-style candies and marshmallows</p>
<p><b>Other</b> all seasonings, sweeteners, sauces, jams, jellies or honey</p>	<p><b>Other</b> chewing gum, corn chips, potato chips, popcorn or sticky rice cakes</p>
<p><b>Breads</b> bread, toast and sandwiches that can be cut into smaller pieces with the side of a spoon or fork</p>	<p><b>Breads</b> dry bread, toast or crackers; bread with nuts or seeds; tough, thick crusty breads such as French bread or baguettes</p>