

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>Cereals cereals with a soft texture that are drained of all extra liquid</p>	<p>Cereals hard, dry cereals</p>
<p>Fruits 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>Fruits 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>

(over)

Foods to Eat and Avoid

Foods Allowed	Foods Not Allowed
<p>Vegetables all soft, tender vegetables including potatoes soft enough to be broken apart with the side of a spoon or fork</p>	<p>Vegetables 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>Meats and Meat Substitutes 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>Meats and Meat Substitutes 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>Potatoes and Starches all starches including couscous, pasta, quinoa, rice and moist bread dressing</p>	<p>Potatoes and Starches sticky mashed potatoes or other sticky foods</p>
<p>Soups all soups with soft, tender ingredients</p> <p>Soups need to be the consistency checked on the front side of this fact sheet.</p>	<p>Soups soups with hard, crunchy or chewy ingredients; soups made with any of the foods that are not allowed</p>
<p>Desserts pudding, custard, baked goods made with allowed foods, non-chewy candies without nuts or seeds</p> <p>Pudding, custard, ice cream, malts, milkshakes, sherbet and gelatin are only allowed if you can safely drink thin liquids.</p>	<p>Desserts 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>Other all seasonings, sweeteners, sauces, jams, jellies or honey</p>	<p>Other chewing gum, corn chips, potato chips, popcorn or sticky rice cakes</p>
<p>Breads bread, toast and sandwiches that can be cut into smaller pieces with the side of a spoon or fork</p>	<p>Breads dry bread, toast or crackers; bread with nuts or seeds; tough, thick crusty breads such as French bread or baguettes</p>