

Prepared For:		Date:	
Prepared By:		Contact:	

National Dysphagia Diet Mechanically Altered Nutrition Therapy

The purpose of this diet is to provide foods that can be successfully and safely swallowed. This diet consists of foods that are easy to swallow because they are blended, chopped, grinded, or mashed so that they are easy to chew and swallow.

A registered dietitian nutritionist can individualize this diet to provide some favorite food items in a modified form.

Tips

- Foods you eat should be cut into ¼-inch size pieces. These pieces will require minimal chewing.
- Serve moist foods to make foods easier to chew and swallow.
- To keep foods moist, add small amounts of gravy, sauce, vegetable juice or cooking water, fruit juice, milk, or half and half to foods. Moist foods are easier to swallow.
- Foods in large chunks or foods that are too hard to be chewed thoroughly should be avoided.
- Prepare quantities of favorite food items and freeze them in portion sizes for use later.
- Reheat foods carefully so that a tough outer crust does not form on them.

Foods Recommended

Food Group	Foods Recommended
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Grains	<p>Soft pancakes, breads, sweet rolls, Danish pastries, French toasts well moistened, blended, chopped, or ground to less than ¼-inch thick with syrup or sauce.</p> <p>Well-cooked chopped pasta, noodles, and bread dressing.</p> <p>Well-cooked noodles in sauce. Spaetzel or soft dumplings that have been moistened with butter or gravy.</p> <p>Pureed rice.</p> <p>Purchased pureed bread products. Cooked cereals with little texture, including oatmeal.</p> <p>Slightly moistened dry cereals with little texture such as corn or wheat flakes, and puffed rice. Unprocessed wheat bran stirred into cereals to provide fiber.</p> <p>Soft, moist cakes with icing dissolved in milk or juice.</p> <p>Soft moist cookies or cookies softened with milk, coffee, or other liquid.</p> <p>Moist bread pudding with pieces less than ¼ inch in size.</p>
Protein Foods	<p>Prepared, moistened, and ground red meat, including beef, pork, or lamb. Moist meatballs, meat loaf. Gravy and sauce for moisture. Pieces no larger than ¼ inch.</p> <p>Prepared, moistened, and ground poultry (chicken or turkey). Gravy and sauce for moisture. Pieces no larger than ¼ inch.</p> <p>Prepared, moistened, and ground fresh, frozen, or canned seafood, including fish (salmon, herring, and sardines), shrimp, lobster, clams, and scallops. Gravy and sauce for moisture. Moist fish loaf. Pieces no larger than ¼ inch.</p> <p>Prepared, moistened and ground ham, sausages and deli meats; sauces and condiments for moisture. Pieces no larger than ¼ inch.</p> <p>Tuna, egg, or meat salad fillings without large chunks or hard-to-chew vegetables. Pieces no larger than ¼ inch.</p> <p>Poached, scrambled, or soft-cooked eggs or egg substitute mashed with butter, margarine, sauce, or gravy. Soufflés with small chunks of meat, fruit or vegetables. Pieces no larger than ¼ inch.</p> <p>Chopped casseroles with small chunks of meat, ground meats, or tender meats. Pieces no larger than ¼ inch.</p> <p>Moist macaroni and cheese, well-cooked pasta with meat sauce, tuna-noodle casserole, soft and moist lasagna. Pieces no larger than ¼ inch.</p> <p>Smooth nut and seed butters, such as peanut butter, almond butter, and sunflower seed butter as tolerated; and ok if used in tolerated recipes.</p> <p>Prepared, moistened, and ground soy foods, such as tofu or tempeh</p> <p>Prepared, moistened, and ground meat alternatives, such as veggie burgers, and sausages based on plant protein. Pieces no larger than ¼ inch.</p> <p>Prepared, moistened, and mashed legumes, such as dried beans, lentils, or peas. Pieces no larger than ¼ inch.</p>
Dairy	<p>Milk, yogurt (without nuts or coconut), cottage cheese, cream cheese, sour cream, and cheeses.</p> <p>Frozen desserts made from milk such as pudding, custard, ice cream, sherbet, malts, and frozen yogurt.</p> <p>Fortified soymilk</p>

Vegetables	<p>All well-cooked, soft, canned or frozen, tender vegetables less than ¼ inch in size including dark-green, red and orange vegetables, legumes (beans and peas), and starchy vegetables</p> <p>Moist, well-cooked, soft-boiled, baked, or mashed potatoes.</p> <p>Soft oven-baked tender potatoes or fries as tolerated. Pieces no larger than ¼ inch.</p> <p>Vegetable juices.</p>
Fruits	<p>All soft, (drained if indicated) canned and cooked fruits (without skin) if less than 1/4-inch thick.</p> <p>Gelatin with canned fruit (except pineapple)</p> <p>Fresh, ripe banana</p> <p>Fruit pie with bottom crust only; fruit crisp or cobbler without seeds or nuts and with soft crust or crumb topping</p> <p>100% fruit juice</p> <p>Fruit ices</p>
Oils	Vegetable oils, including olive, peanut, and canola oils; margarines and spreads; salad dressing and mayonnaise; butter, gravy, cream sauces (for the addition of moisture to foods).
Beverages	Coffee, tea, water, 100% fruit juice in the consistency recommended by a SLP
Other	<p>Prepared foods, including all soups with tender meats, casseroles, baked goods, and snacks made from recommended ingredients.</p> <p>Soft sandwiches with salad-type fillings with pieces ¼ inch or less; and on allowed bread.</p> <p>All seasonings and sweeteners, including honey, jams, jellies, and preserves.</p> <p>Non-chewy candies without nuts, seeds, or coconut.</p>

Foods Not Recommended

Food Group	Foods Not Recommended
Grains	<p>All breads not listed in the recommended list including dry bread, toast, crackers, etc.</p> <p>Tough, crusty breads such as French bread or baguettes.</p> <p>Dry bread dressing.</p> <p>Rice that has not been pureed.</p> <p>Very coarse or dry whole grain cereals; cereals that contain nuts, seeds, dried fruit, or coconut.</p> <p>Dry or coarse cakes and cookies.</p>

Protein Foods	<p>Tough or dry red meats (beef, pork, lamb) or poultry (chicken and turkey)</p> <p>Tough, dry fried meats, poultry, or fish.</p> <p>Tough, dry fish; fish with bones.</p> <p>Tough, dry deli or processed meats, such as bacon, pastrami and corned beef.</p> <p>Hard-cooked or crisp fried eggs</p> <p>Dry casseroles, casseroles with rice, or casseroles with large chunks.</p> <p>Chunky nut seed butters, unless used in a tolerated recipe.</p> <p>Whole nuts or seeds.</p>
Dairy	<p>Cheese slices or cubes.</p> <p>Yogurt with nuts or coconut.</p>
Vegetables	<p>All raw vegetables.</p> <p>Cooked corn. Mashed peas (unless tolerated). Undercooked vegetables that are fibrous, tough, or stringy such as cabbage, asparagus, and celery.</p> <p>Fried vegetables such as potato skins, potato chips or other crunchy vegetable chips, fried or french-fried potatoes, tough or crisp-fried potatoes.</p>
Fruits	<p>Difficult to chew fresh fruits such as apples or pears.</p> <p>Stringy, high-pulp fruits such as papaya, pineapple, or mango.</p> <p>Fresh fruits with difficult to chew peels such as grapes.</p> <p>All uncooked dried fruits such as prunes, raisins, apricots, or coconut.</p> <p>Fruit leather, fruit roll-ups, fruit snacks, dried fruits.</p>
Oils	<p>All fats with coarse, difficult to chew, or chunky additives such as cream cheese spread with nuts or pineapple.</p>
Beverages	<p>Liquid consistencies other than those specified by the SLP.</p>
Other	<p>Sandwiches with hard crusts.</p> <p>Pizza</p> <p>Chewy caramel, taffy-style candies, gummy candies, marshmallow candies, and chewing gum.</p>

NDD Mechanically Altered Sample 1-Day Menu

Breakfast	1/2 cup orange juice, at prescribed consistency 1/2 cup oatmeal 1/4 cup low-fat milk, to moisten oatmeal 1 muffin 1 teaspoon butter, for muffin 1 soft, scrambled egg 1 cup beverage with minimal texture
Lunch	1/2 cup tomato soup, at prescribed consistency 3 crackers, slurried 1/2 cup moist potatoes 1/2 cup well-cooked mix of carrot and peas 1/4 cup tomato sauce, for meatloaf 1 moist cookie 1/2 cup vanilla pudding 1 cup beverage with minimal texture
Evening Meal	1/2 cup potato soup, at prescribed consistency 3 slurried crackers 1 cup moist chicken-noodle casserole 1/2 cup well-cooked green beans, without strings 1 slice apple pie with moist crust 1/2 cup ice cream 1 cup of a beverage with minimal texture

Notes