

## Dysphagia and Diets

Problems with swallowing can occur at any time and may not be known to that person or caregivers. It is important to be aware of swallowing difficulties due to the high occurrence of choking and aspiration associated with them. There are clues that can help identify when someone is having swallowing difficulties, however, many people can also have what is known as “silent aspiration”.

Many factors can compromise someone’s ability to swallow safely. These are outlined below. Aging may be enough to compromise someone’s swallowing abilities but the addition of medications may make this much worse. Medications such as those used for allergies or urinary incontinence cause a dry mouth making swallowing more difficult. Antipsychotic medications can cause both a dry mouth and affect the muscles of the face and tongue which are involved in swallowing. Medications that depress the central nervous system can decrease awareness and voluntary muscle control that may affect swallowing. These include medications used to treat seizures, antianxiety drugs, narcotics and muscle relaxants.

The following information may seem very technical at times but it is important for understanding all the problems that can occur. This paper includes information regarding diets that may be ordered by a swallowing specialist or medical provider or that should be considered based on a person’s age, medications, medical problems, and physical abilities even if that person hasn’t had a formal swallowing evaluation.

### Dysphagia

**Dysphagia** (dis-fā’jah) is the sensation of having difficulty or an abnormality of swallowing. It can simply be due to eating too fast or not chewing food well enough. There are two types of dysphagia:

1. **Oropharyngeal dysphagia** involves the pharynx (the area behind the mouth and nasal cavity and above the esophagus) and upper esophagus (the tube that leads from the mouth to the stomach). Problems associated with this include:
  - difficulty starting a swallow
  - liquid coming through the nose (nasopharyngeal regurgitation)
  - aspiration
  - sensation of food still in the pharynx
2. **Esophageal dysphagia** is caused by an abnormality of the esophagus. It is often characterized by a sensation of food getting stuck.

### Swallowing

Swallowing involves more than 30 muscles, so timing and coordination are crucial. It takes your brain, along with several nerves, muscles, two muscular valves, and an open esophagus to work just right. There are three phases of swallowing:

1. First phase - **oral preparatory phase** where food is chewed into a size, shape and consistency that can be swallowed.
  - The tongue is critical in controlling the food for chewing and for moving the food into the proper position for swallowing which is at the back of the tongue.

2. Second phase - **pharyngeal phase**
  - Food is advanced through the pharynx (behind the mouth; the throat) and into the esophagus
  - During this phase muscles move the larynx (the area below the root of the tongue and above the trachea which contains the vocal cords) upward and forward to close the airway (trachea) and protect from aspiration.
  - Normal muscle and nerve coordination must occur for this to work
3. Third phase - **esophageal phase**:
  - Coordinated contractions of muscles (peristalsis) in the esophagus along with relaxation of the lower esophageal sphincter moves food into the stomach

## **Causes of oropharyngeal dysphagia:**

1. Disorders of oral preparatory phase:
  - Inadequate chewing due to tooth problems
  - Decrease in saliva (dry mouth)
    - Diseases such as Sjogren's syndrome, Parkinson's disease
    - Strokes
    - Sores or lesions in the mouth
    - Radiation of head or neck
    - Medications including:
      - Some blood pressure medications
      - Antihistamines used to treat allergies
      - Decongestants used to treat respiratory infections, colds
      - Anticholinergics such as medications used to treat urinary incontinence
      - Diuretics used to rid the body of excess fluid
      - Selective serotonin reuptake inhibitors (SSRIs), antidepressants such as Prozac, Celexa, Zoloft.
  - Congenital disease such as cleft palate
2. Disorders of pharyngeal phase
  - Neurological disorders
    - Stroke, head trauma
    - Dementia
    - Cerebral palsy
    - Multiple sclerosis
    - Tardive dyskinesia
    - Muscular dystrophy
    - Parkinson's disease
  - Obstruction
    - Tumor or swelling
    - Esophageal rings or webs
    - Skeletal abnormalities

3. Antipsychotic medications
  - Many produce dry mouth but some also cause movement disorders that impact the muscles of the face and tongue
  - Include Clozaril, Haldol, Zyprexa, Seroquel, Risperdal, etc.
4. Medications that depress the central nervous system
  - These decrease awareness and voluntary muscle control and thus may affect swallowing
  - Antiepileptic drugs for seizures
    - Carbamazepine, gabapentin, phenobarbital, phenytoin, valproic acid
  - Benzodiazepines (antianxiety drugs)
    - Clonazepam, diazepam, lorazepam, etc.
  - Narcotics for pain
    - Codeine, fentanyl, hydrocodone, oxycodone
  - Skeletal muscle relaxants
    - Baclofen, cyclobenzaprine, tizanidine

## **Saliva:**

Why is saliva so important? Here are some key facts about saliva:

1. The digestive process begins with saliva because it contains many enzymes such as amylase.
2. Saliva enhances the taste of food.
3. Saliva provides lubrication which is needed for swallowing more easily and for helping with speaking.
4. Saliva has some anti-viral, anti-bacterial, and anti-fungal properties.
5. Saliva cleanses the mouth by removing bacteria, plaque, and microorganisms when swallowing. The higher the rate of saliva flow, the better the cleansing action.
6. Saliva protects and repairs mouth mucosa.
7. Saliva helps prevent cavities unless it becomes too acidic. If saliva is too acidic, it can harm tooth enamel and cause decay. This can occur when people drink a lot of water with lemon or lime in it or other acidic drinks. Having reflux can also increase the acidity of the mouth and harm teeth from stomach acid.

## **Symptoms of dysphagia:**

The symptoms that can be seen when someone is having problems swallowing and possibly aspirating include:

- Not being able to swallow or choking on food
- Pain while swallowing or feeling like food is stuck in the throat or chest
- Coughing or gagging while swallowing
- Drooling
- Trouble speaking
- Aspiration and frequent pneumonia from food or fluids going into the lungs

## **Evaluation:**

A swallowing study is one of the tests used to evaluate problems with swallowing. Videofluoroscopy with a modified barium swallow is used to visualize swallowing and diagnose oropharyngeal dysphagia. Videofluoroscopy is an x-ray that is videotaped while someone is swallowing food or fluid that contains barium.

## **Management:**

The goals of management are to improve food transfer and prevent aspiration. It involves treating the underlying disorder and may involve surgery. It may also involve rehabilitation of swallowing which is often needed after someone has a stroke.

### **Positioning and environment are important to consider while eating:**

- Sit upright at a 90-degree angle
- Remain upright for at least 15 to 20 minutes after eating
- Minimize distractions while eating
- Refrain from talking when food is in the mouth
- Eat slowly and chew thoroughly

## **Dietary modifications:**

Dietary modifications are often needed to improve swallowing and avoid aspiration. These include:

- Special diets such as pureed foods or thicker liquids.
- Smaller bites
- Alternating solids and liquids
- Using particular implements such as a cup, straw, or spoon

## **Thick liquids:**

Thick liquids are often prescribed for individuals with swallowing disorders. Thickening liquids can impact the amount of liquid intake and may result in dehydration if the individual is not able to take in adequate amounts. Thickeners can also alter the taste of the fluid causing individuals to refuse to drink it. Thickeners can also be very constipating.

Some of the reasons for ordering liquids to be thickened include:

- Thin liquids move fast and can spill out of the mouth and into the throat before the individual is ready to swallow. Thickening a liquid can slow down the flow of the liquid, especially if there is a delayed swallow.
- Thin liquids are more difficult to control in the mouth. Thickening a liquid can keep the sip of fluid together in the mouth and be easier to control when swallowing.

### **A. Levels of thickness:**

Thicker is not always better or safer. The thinnest liquid that is tolerated should be what is used. It is known that those requiring thickened liquids have significant dehydration issues. Studies have shown that individuals who require thickened liquids consume less liquid than if they were to consume unthickened liquids. The thicker the liquid, the less liquid was consumed. Other factors regarding thickened liquids include:

- Thickened liquids are poor at quenching thirst
- Thickened liquids have poorer flavor - the thicker the liquid, the worse the flavor
- The type of thickener and how much is used also affects absorption of medications. Xanthan gum and guar gum tend to be broken down in the colon thus release of medications is delayed.
- Thickened liquids also cause individuals to feel full faster thus often not consuming as much other food as they need.

Thickened liquids were classified into three levels according to the old classification system but has since been expanded to five levels.

According to the **old classification**:

**Level 1: Nectar Thick** – about the consistency of an eggnog or fruit nectar. The liquid is **mildly thick** so that it coats a glass, beads on the end of a fork or pours like cream.

**Level 2: Honey Thick** – which looks like fresh honey pouring off a spoon. The spoon should stand up in a glass of liquid that is this thick but an individual should still be able to drink this **moderately thick** liquid out of a glass.

**Level 3: Spoon Thick/Pudding Thick** which requires “drinking” the **extremely thick** liquid with a spoon. It should stay on the spoon like whipped cream.

**New standardization:** Because of the variability in liquid consistencies seen across assorted products that are sold for use, the International Dysphagia Diet Standardization Initiative created a new standardization for thickened liquids. There are now five levels or grades:

**Grade 0: Thin liquid** is level 0.

**Grade 1: Slightly Thick** – thinner than Nectar Thick and similar to V8 juice, Ensure, or breastmilk.

**Grade 2: Mildly Thick** – the same level of thickness as Nectar Thick. Smoothies and Nectar Juice such as Mango Nectar juice can be used.

**Grade 3: Moderately Thick** – the same level as Honey Thick. Using a blender with fruit and yogurt can make a naturally thick smoothie for a mildly to moderately thick liquid. Boost, Carnation Instant Breakfast, protein powders, etc. can improve taste and caloric content.

**Grade 4: Extremely Thick** – the same level as Pudding Thick.

## **B. Thickening agents.**

There are thickening agents and gels that can be added to liquid. Most thickeners are either starch- or gum-based. Starch particles expand by capturing the fluid and they keep absorbing more liquid and getting thicker after they are prepared. As a result, 20 minutes or more after being prepared, they may be too thick. They also get thicker when refrigerated. Gum-based thickeners must be vigorously shaken or blended with the fluid to appropriately thicken it. When mixed properly, they maintain a stable thickness over time.

## Specific Diets

Diet modifications are made to attempt to prevent choking and to avoid getting food stuck in the mouth, throat, or esophagus.

Especially challenging foods include:

- **Peas** and **corn** which can roll to the back of the throat before the person is ready to swallow – must be properly prepared before use.
- **Meat** may be hard to chew, cause significant fatigue, or get stuck in the throat or esophagus – must be properly prepared before use.
- **Rice** may get stuck in the throat and fall into the airway. May be used if prepared appropriately.
- **Ice cream** – can be considered a high-risk food because as it melts, the consistency changes and for someone who requires a certain level of thickened liquids, it may become too thin to be safe.
- **Foods to avoid:**
  - **Bread can cause an especially high risk for choking.**
    - People tend to swallow bread before it is really “swallow-ready”.
    - Bread can stay in a sticky ball in the throat and block the airway.
    - “Gelled” bread can be used
  - **Peanut butter** can be hard to process in the mouth and if aspirated, it will block airways and cannot be removed by a Heimlich maneuver.

## Diet Textures:

Food consistencies are now described as textures A through D.

1. **Texture A (Dysphagia soft and bite sized)** is a soft diet where food is naturally soft like a ripe banana or may be cooked or cut to alter its texture.
  - a. Soft foods can be chewed but not necessarily bitten
  - b. Minimal cutting is required; can easily be broken up with a fork
  - c. Food is moist or served with a sauce or gravy to increase moisture content.
2. **Texture B (Dysphagia ground diet)** is a diet where food is soft, moist, and easily mashed with a fork. Food should easily form into a ball.
  - a. The tongue, rather than teeth, can break up the small lumps in this texture.
  - b. There are no hard or sharp lumps.
3. **Texture C (Dysphagia pureed diet)** is smooth, moist and lump free similar in consistency to a commercial pudding.
  - a. It may have a grainy quality but should not contain lumps.
  - b. It is moist and cohesive enough to hold its shape on a spoon.
  - c. When placed side by side on a plate, these consistencies should maintain their position and not “bleed” into one another.
4. **Texture D (Dysphagia liquidized diet)** is smooth with a uniform consistency that can be poured. The food has been pureed and strained to remove any particles.
  - a. Food does not hold its shape on a plate and is generally served in a bowl.
  - b. It cannot be eaten with a fork but can be taken through a wide straw.

## A. Dysphagia Soft and Bite Sized Diet

- This diet makes it easier to chew and move food in the mouth
- Food should be moist
- Food should be in **bite-sized pieces**
  - **Bite-sized means the size of a sugar cube or your thumb nail.**

### Soft and Bite-sized Diet:

<p><b><u>Meats and Proteins:</u></b>          Moist ground or finely diced meats          Solid tender cuts of meat that can be cut with a fork.          Meatloaf, hamburger or cheeseburger          Sausage patty, sloppy joe          Deli thin or sliced lunch meat          Chicken, egg, or tuna salad          Shredded cheese, cheese slices.          Eggs prepared any way except fried</p> <p><b><u>AVOID:</u></b>          Dry, tough, chewy or crispy meats          Meats with gristle. Pizza          Dry fish or fish with bones          Nuts, Seeds</p>	<p><b><u>Soup:</u></b>          All cream-based or broth-based soups (with thickness as recommended according to swallowing evaluation)          Chili (beans must be soft)          Strained corn chowder          Strained clam chowder</p> <p><b><u>AVOID:</u></b>          Soups with tough meats          Corn or clam chowder unless strained          Soups with meat or vegetable pieces greater than one inch in size</p>
<p><b><u>Grains, Cereals, Breads, Starches:</u></b>          All hot cereals          Cold cereal: corn flakes or crisp rice cereal with a ¼ cup of milk or just enough liquid to moisten if thin liquids are restricted.          Well moistened breads, biscuits, muffins, pancakes, French toast, waffles (moisten with syrup, jelly, butter)          Macaroni and cheese, canned pasta          Pasta, moist rice, casseroles</p> <p><b><u>AVOID:</u></b>          Bagels, dry bread, bread with seeds or grains, toast, crackers          Coarse or dry cereal such as shredded wheat or All Bran; granola          Crispy, fried food, such as grilled cheese          Popcorn, chips, Cheetos</p>	<p><b><u>Fruits and Vegetables:</u></b>          All canned and cooked fruit, ripe bananas          Soft pealed fresh fruits such as peaches, nectarines, kiwi, mango, cantaloupe, honeydew and watermelon without seeds          Soft berries with small seeds such as strawberries          Soft cooked vegetables that are fork tender          Shredded lettuce, tender fried potatoes</p> <p><b><u>AVOID:</u></b>          Hard to chew fresh fruits such as apples and pears          Grapes, raisins, coconut          Pineapple, oranges or other stringy high pulp fruit          Fruit leather, fruit roll-ups, fruit snacks          Raw vegetables, salads          Corn, broccoli, cabbage, brussels sprouts, asparagus, or other fibrous cooked vegetables          Tough, crisp-fried potatoes or potato skins</p>
<p><b><u>Desserts:</u></b>          Cookies, custard, fruit pies          Jell-O, sherbet, sorbet          Ice cream (unless on thickened liquids)          Moist cakes, pudding, yogurt</p> <p><b><u>AVOID:</u></b>          Hard cookies, hard candy, chewing gum          Chewy candy or desserts          Anything with nuts, seeds, dry fruits, coconut, or pineapple</p>	<p><b><u>Condiments:</u></b>          Margarine or butter          Sugar, honey, syrup, jelly          Sour cream, cream cheese          Ketchup, mustard, mayonnaise,          Gravy, steak sauce, BBQ sauce          Herbs, spices</p> <p><b><u>AVOID:</u></b>          Olives, pickles  <b>Peanut butter</b></p>
<p><b><u>Milk, yogurt, cheese:</u></b>          Milk, milk shakes, smoothies, yogurt with soft fruit. Soft cheese such as ricotta.          Cheddar cheese if grated and melted</p>	<p><b><u>AVOID:</u></b>          yogurt with seeds, nuts, muesli or hard pieces of fruit,          hard cheese such as cheddar.</p>

## B. Dysphagia Ground Diet

- This diet goes by many different names including:
    1. Moist Ground or Ground
    2. Minced & Moist
    3. Diced
    4. Mechanical Soft
    5. Mechanically Altered
    6. Chopped
  - **All solid foods should have a moist, soft texture, require very little chewing and be easily formed into a bolus.**
    - **Meats and cooked fruits/vegetables are ground or minced into ¼ inch or smaller pieces.**
      - A **pencil eraser** is about ¼ inch in size
      - Prepare foods separately (don't put a whole sandwich in a blender and then serve it ground up!)
- **Preparation tips for ground diet**
- a. Sandwiches
    1. Ground texture goal: like moist cooked hamburger or ground turkey
    2. Grind all meat or sandwich filling using a pulsing action. Add 1 to 2 teaspoons mayonnaise or mustard to plain meats for moisture. Spread on bread or gelled bread.
    3. Using a knife, cut sandwiches into at least 16 or more very small pieces.
  - b. Bread
    1. Does not grind well. Remove crusts and soften bread with gelatin solution.
    2. Use ground, moist fillings.
  - c. Noodles/pasta
    1. Cook well. Cut long or thick noodles before serving.
  - d. Vegetables
    1. Cooked: want soft, well cooked and pea sized
    2. Fresh: use shredded or grated, moist
      - Remove tough skins, seeds, membranes, strings. Avoid raw celery.
      - May steam or cook before grinding.
      - May add salad dressing or mayonnaise for cohesiveness
  - e. Fruits
    1. Desired texture is soft and fork-mashed to an applesauce-like texture
    2. Fresh fruits: choose soft, ripe, juicy fruit without skin and grind quickly with a pulsing action
  - f. Cheese
    1. Desired texture is shredded or grated.
    2. Avoid rubbery melted cheese
  - g. Meats/poultry
    1. Desired texture is like moist cooked hamburger or ground turkey
    2. If meat is dry, add a teaspoon of vegetable oil or liquid margarine per 3 ounce serving
    3. Stabilizers such as bread crumbs may be added to obtain a moist, crumbled ground meat texture
    4. Grind meat using a pulsing action

**Examples of food for a dysphagia ground diet:**

<p><b><u>Meats and Proteins:</u></b>          Ground meats such as hamburger or ground turkey with gravy          Meat loaf or meat balls          Soft fish, tuna fish          Chicken, tuna, egg salad (no large chunks)          Poached, scrambled, or soft-cooked eggs          Well-cooked slightly mashed beans          Hummus, bean dips          Soft cheeses (cream cheese, cottage cheese)          Soups (blended and smooth to avoid large chunks)</p> <p><b><u>AVOID:</u></b>          Dried meats, jerky, bacon, fried food, hot dogs, salami, bratwurst, pizza          Tough meat, stringy or crumbly cheese, dry/hard          Beans, fried eggs, large cubes of meat in casseroles</p>	<p><b><u>Fruits and Vegetables:</u></b>          Soft fruit like ripe bananas, mashed strawberries          Canned or cooked fruits (peaches, pears; not pineapple or fruit cocktail)          Well-cooked, soft vegetables such as carrots          Squash          Stewed tomatoes          Potatoes without skin - soft &amp; moist with butter, gravy, sauce, etc.</p> <p><b><u>AVOID:</u></b>          Fruits that contain a lot of juice (melon, watermelon, grapes, oranges) as the liquid these contain can spill into the throat.          Fruits with skins unless they can be removed          Fruits with seeds          Corn, peas, string beans          Cole slaw, mixed salads, raw vegetables</p>
<p><b><u>Grains, Cereals, Breads, Starches:</u></b>          Pancakes          French toast, waffles          Hot cereals (oatmeal, cream of wheat)          Moistened cereals such as corn flakes, rice krispies, cheerios (all milk must be absorbed)          Moist muffins, soft breads without crusts          Toast with butter and jelly – minced into ¼ inch pieces          Sticky rice or mix rice with soft beans and sauce          Well-cooked pasta with sauce</p> <p><b><u>AVOID:</u></b>          Bagels          English Muffins, French bread          Granola,          Cold, dry cereals with milk          Dry crumbly rice</p>	<p><b><u>Desserts:</u></b>          Pudding, custard, mousse          Cobbler bottom crust and soft topping          Moist, soft cake with icing          Soft cookies          Yogurt with small pieces of fruit          Fruit pies with soft crust (not too flaky)</p> <p><b><u>AVOID:</u></b>          Desserts that are dry, hard, crumbly, contain nuts or are too chewy.          Avoid ice cream, milk shakes, frozen yogurt, sherbet if on a thickened liquid as this melts into a thin liquid.</p>
<p><b><u>Condiments:</u></b>          Butter, margarine, syrup          Sour cream, mayonnaise,          Cream cheese, whipped cream          Smooth jelly, (no seeds or chunks)</p> <p><b><u>AVOID:</u></b>          Nuts, seeds          Peanut butter</p>	

## C. Dysphagia Pureed Diet

- Food is blended smooth and should be “pudding-like” with a blender or food processor. Food processors typically have the best ability to puree foods to the proper thickness and texture.
  - Pureed foods should not get dry, sticky or clumpy and should have no lumps
  - To test for the proper consistency of pureed foods, scoop some onto a spoon. If it runs off easily, it is too runny.
    - It should hold its shape on the spoon.
    - Pureed foods can be molded and will not spread out if spilled.
    - The prongs of a fork should make a clear pattern when drawn across the surface of the puree.
- **Preparation tips for pureed diet:**
- a. A stabilizer may be needed in preparation of many foods.
    - The stabilizer adds stickiness or cohesiveness to a food so the texture is denser (like mashed potatoes) rather than dry like rice.
    - Sample stabilizers include instant food thickener, mashed potato flakes, or dried bread crumbs
  - b. Bread
    1. Substitute ½ cup potatoes or noodles (soft, cooked, mashed) for each slice of bread. Substitute ½ cup oatmeal/ other hot cereal for slice of toast
    2. Make **gelled bread**:
      - a. Make a mixture of 1 cup juice, broth, water or syrup and one and a half teaspoons of unflavored gelatin powder
      - b. Pour 2 to 4 tablespoons of the gelatin/liquid mixture over each slice of bread. Cover (without the lid touching the bread) and chill for at least 2 hours.
      - c. Result: gelled bread which can be eaten with a spoon
  - c. Noodles/pasta
    1. Make sure it is well cooked and mash with fork. Puree when hot, separately from accompanying food item. Add 2 to 3 tsp of water if pasta is sticky.
    2. Example: Beef stroganoff: Puree noodles, then puree meat sauce separately and spoon over pureed noodles.
  - d. Meats, poultry, fish
    1. If dry or stringy, add 1 teaspoon of vegetable oil per 3 oz. serving
    2. To reach a smooth consistency, add 1 to 2 tablespoons of a stabilizer
    3. Meats require a longer processing time to achieve the appropriate texture
    4. Fish is often dry so add 1 to 2 teaspoons of vegetable oil, mayonnaise, tartar sauce or lemon juice to moisturize
  - e. Fruits and vegetables
    1. Most canned fruits are watery and require a stabilizer - to each ½ cup portion, add 1 to 2 tablespoons potato flakes
    2. Starchy (root, tuber) vegetables such as potatoes, squash, carrots, yams
      - a. To each ½ cup portion, add 1 teaspoon margarine or butter. If still quite stiff or dry, add 1 tablespoon or more of broth, gravy, sauce.
    3. Watery vegetables such as green beans, tomatoes, spinach, other greens
      - a. To each portion add 1 to 2 teaspoons mashed potato flakes or bread crumbs and 1 to 2 teaspoons water

**Examples of pureed foods:**

<p><b><u>Meats, Proteins, and Soups</u></b>          Strained or pureed meat, fish, poultry – <i>can add gravy or broth</i>          Smooth chicken, tuna and egg salad (no celery or onion)          Broth and bouillon (dependent on thickness of liquids allowed)          Soups with pureed or strained vegetables          Strained and pureed creamed soups          Pureed chicken noodle, chicken &amp; rice soups</p> <p><b><u>AVOID:</u></b>          Eggs unless scrambled or soft cooked which can be processed to puree consistency          Bacon, hot dogs, sausage links          Cubed or sliced cheese          Dried beans          Soups with chunks of food in it          Peanut butter</p>	<p><b><u>Fruits and Vegetables</u></b>          Vegetable juices like V8 or tomato          Fruit juices and nectars          (liquids are dependent on thickness of liquids allowed)          Pureed cooked vegetables          Whipped or smooth mashed potatoes          Pureed fruits – either raw or cooked          Smooth applesauce          Baby food fruit or vegetables</p> <p><b><u>AVOID:</u></b>          Fruits such as mashed bananas or mashed canned fruits (blend smooth to a puree)          Pineapple, oranges, or other stringy, high pulp fruit          Cooked vegetables that can be mashed or don't require a lot of chewing (must be processed into a puree)          Vegetables or fruits that have seeds          Salads, dried fruits</p>
<p><b><u>Grains, Cereals, Breads, and Starches</u></b>          Cooked cereals, cream of wheat or rice – <i>blend with milk and strain for any lumps</i>          Smooth or blended oatmeal          Pureed pasta or rice          Baby cereal          Pancakes, French toast – <i>blend with syrup</i>          Muffins without nuts or seeds – <i>blend to a pureed consistency and serve with butter</i></p> <p><b><u>AVOID:</u></b>          Bread, bagels, dinner rolls          Crackers, chips, popcorn          Cold cereal, granola, or cereals that are not easily blended and strained          Rice, pizza</p>	<p><b><u>Milk and Dairy</u></b>  <i>All liquids such as milk are dependent on the thickness of liquids allowed</i>          Milkshakes, malts, ice cream – <i>do not use if on thickened liquid diet as these become thinner as they melt</i>          Liquid nutritional supplements such as Ensure or Carnation Breakfast          Smooth yogurt – <i>plain or without fruit pieces</i>          Pureed cottage cheese, think ricotta cheese, cheeses melted into a sauce          Smoothies made with bananas, peaches or sorbets</p> <p><b><u>AVOID:</u></b>          Solid cheeses, regular cottage cheese, farmer cheese and pot cheese</p>
<p><b><u>Desserts</u></b>          Smooth custard and pudding          Sherbet, ice cream, frozen yogurt – not allowed if on thickened liquids          Flavored fruit ices, popsicles, fruit whips, and gelatins (dependent on ability to handle thin liquids).          Syrups including chocolate or maple syrup          Mousse. Clear jelly, honey, sugar</p> <p><b><u>AVOID:</u></b>          Anything made with nuts, coconut, or whole fruits</p>	<p><b><u>Condiments</u></b>          Salt, pepper, ketchup, mustard (without seeds), mayonnaise          Herbs and spices          Sauces such as BBQ</p> <p><b><u>AVOID:</u></b>          Nuts, Coconut          Olives          Pickles          Anything with seeds          Peanut butter</p>