

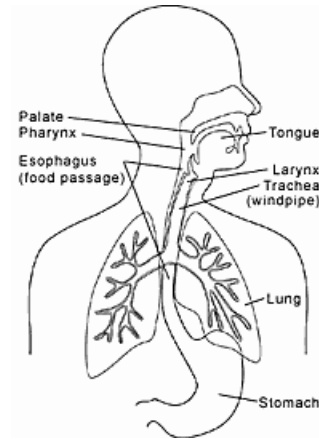
# Dysphagia Diet Solutions

## Dysphagia

Dysphagia can be simply defined as any difficulty chewing or swallowing. Dysphagia is not a disease, but a disruption of a normal process. According to the National Institute of Health, problems at any point during the swallow (from chewing food and moving it into the back of the mouth, to moving the food into the stomach) can result in difficulty swallowing. (1).

## The Normal Swallowing Process

1. The **oral preparatory** stage is also referred to as the “anticipatory phase” as a person anticipates the taste of food and the wonderful sensations that normally accompany eating. The oral preparatory phase begins before the food ever reaches the mouth. It is the stimulation that takes place as a result of the appearance and aroma of the food. Oral preparation also includes biting, chewing and forming a bolus to prepare to swallow.
2. The **oral phase** in the normal swallow is a voluntary action: The food bolus is mixed with saliva using the tongue, and the food is propelled to the back of the mouth (oropharynx) and into the pharynx to be swallowed. Food temperatures, textures and moisture may affect the ease or difficulty of the oral phase of swallowing.
3. The **pharyngeal phase** in the normal swallow is an involuntary (reflexive) action that begins when the bolus of food reaches the back of the throat and the swallow response is triggered. This causes a sequence of motions that moves the bolus into the esophagus: the rise of the soft palate, the upward and forward movement of the hyoid bone and larynx, the movement of the vocal folds to the midline, the movement of the epiglottis to protect the airway, the movement of the tongue and the pharyngeal walls to push the food down into the esophagus, the relaxation of the upper esophageal sphincter, and its closure after the food passes through. In the normal swallow, this whole sequence occurs in less than one second.
4. The **esophageal phase** is also an involuntary phase in the normal swallow. It is the movement of the food from the upper esophagus to the stomach through peristaltic movement. It includes the relaxation of the lower esophageal sphincter to allow the food to pass into the stomach. Its closure after the swallow prevents gastroesophageal reflux. In the normal swallow this phase takes about nine seconds, but may range from 8-20 seconds.



## Warning Signs of Dysphagia

- Coughing frequently or a weak cough (before, during or after a swallow)
- Difficulty controlling liquids or solids in the mouth
- Difficulty controlling mouth secretions
- Extremely slow eater (more than 45 minutes per meal) which is not due to self-feeding disability
- Frequent throat clearing
- Fullness/tightness in the throat or chest
- Giving up/ tiring out before meal is eaten
- Needing to swallow 3-4 times for each bite of food
- Persistent low grade fever
- Pocketing food in the mouth
- Poor dentition, poor gum health, sores in the mouth or poor mouth care
- Prolonged oral preparatory phase
- Recurring or persistent pneumonia or repeated upper respiratory infections
- Spitting food out
- Refusing to eat
- Tongue rocking
- Sensation of food sticking in the throat or sternal area
- Unexplained loss of appetite or unintentional weight loss or malnutrition
- Wet/gurgly voice (4)

# Dysphagia Diet Solutions

## Causes of Dysphagia

Problems related to the mouth and pharynx		Problems related to the esophagus	
Obstruction to the passage of food or liquid	Nerve and muscle problems	Obstruction to the passage of food or liquid	Nerve and Muscle Problems
<ul style="list-style-type: none"> <li>● Emotional or anxiety disorder (globus hystericus)</li> <li>● Tumors</li> <li>● Cervical spine disease</li> <li>● Zenker's diverticulum</li> <li>● Esophageal webs</li> </ul>	<ul style="list-style-type: none"> <li>● Stroke</li> <li>● Parkinson's disease</li> <li>● Huntington's disease</li> <li>● Multiple sclerosis</li> <li>● ALS (Lou Gehrig's disease)</li> <li>● Myasthenia gravis</li> <li>● Muscular dystrophy</li> <li>● Infections, such as polio and syphilis</li> <li>● Polymyositis</li> </ul>	<ul style="list-style-type: none"> <li>● Tumors</li> <li>● Strictures (narrowings) that may be caused by radiation, chemical ingestions, medications, or ulcers</li> <li>● Schatzki's ring</li> <li>● Foreign bodies</li> </ul>	<ul style="list-style-type: none"> <li>● Achalasia</li> <li>● Diffuse esophageal spasm</li> <li>● Hypertensive lower esophageal sphincter (the muscle at the end of the esophagus that allows food to pass into the stomach)</li> <li>● Nutcracker esophagus</li> <li>● Scleroderma</li> </ul>

(1)

## Referral to the Appropriate Health Care Professionals

Anyone displaying any of the previously noted signs should be referred to the physician, speech language pathologist (SLP), nurse, and registered dietitian (RD)/dietetic technician (DTR). The team will assess for problems with dentition, tongue movement, transit of food from the mouth through the esophagus, pocketing of food in the mouth, pooling of liquids, and suspected aspiration. (4) The RD/DTR should assess for risk of undernutrition, weight loss and PEM.

## Diagnosis

Diagnostic tests that may be performed include: A swallowing study using barium; chest x-ray; endoscopy (EGD); Esophageal acidity test, also called a pH probe (checks for acid that comes from the stomach and enters the esophagus, as in gastroesophageal reflux disease); Esophageal manometry (pressure measurements) (1)

- **Oral dysphagia** may be diagnosed if a patient has difficulty initiating a swallow due to difficulty chewing, difficulty manipulating food in mouth, or propelling food to back of throat.
- **Pharyngeal dysphagia** may be diagnosed if the bolus penetrates the larynx causing aspiration due to a delayed swallow reflex, incomplete closure of the larynx, or residues remaining in the pharynx after the swallow.
- In **esophageal dysphagia**, food is unable to move easily through the esophagus due to esophageal dysmotility, structural blockage, stenosis, or strictures due to GERD (4)

## Treatment

Treatment goals include: Prevention of choking and aspiration; maintain good nutritional status and normal weight; facilitate independent eating and swallowing; enhance enjoyment of eating; enhance quality of life (4) Treatment strategies include strengthening the swallowing process by using: swallowing exercises and techniques; nerve stimulation; use of cold foods or liquids at the beginning of the meal or interspersed during the meal; food and fluid alterations in consistency and/or thickness (4); and positioning techniques. It is imperative to work with a SLP to determine the best therapy for each individual. The American Gastroenterology Association position statement identifies dietary modification as the treatment that carries the highest level of medical evidence for effectiveness. (2)

## Dysphagia Advanced (Level 3)

A Dysphagia Advanced (Level 3) Diet is used for those individuals with mild oral and/or pharyngeal phase dysphagia. For some, it may be a transition to the Regular Diet. This is a soft-solid which requires some chewing ability. It includes regular texture foods with the exception of hard, sticky, chunky food items; easy-to-cut meats, fruits, vegetables. All foods in Level I and II are allowed. Meats are served in soft, bite size pieces. These guidelines are intended for use with adults.

Foods Allowed	Foods to Avoid
All foods on Levels 1 and 2 are allowed if desired	See below
<b>Meats</b> must be very tender, small pieces, thin slices, chopped or ground, and well moistened Meats are served moistened with sauce or gravy	Dry, tough meat, fish or poultry, any other whole pieces of meat, cheese slices or cubes
<b>Meat alternatives</b> include casseroles with small soft chunks of meat, macaroni and cheese, well-cooked pasta and ground meat sauce or meat balls with sauce, lasagna or quiche without chunks Soft, mashable baked beans Poached, scrambled eggs, omelets, egg bakes, and cottage cheese. Tuna or egg salad without large chunks or raw vegetables Regular yogurt without seeds, nuts, coconut, granola, or chunks of fruit is allowed	Peanut butter Pizza Difficult to chew meat alternatives
<b>Milk and/or milk products</b> include any milk or milk alternate at the ordered thickness, regular yogurt without nuts, coconut, or chunks of fruit	Yogurt with nuts, coconut, or chunks of fruit
<b>Fruits</b> include soft, canned, cooked fruits, peeled fresh fruits (bananas, soft peeled peaches, nectarines, kiwi, melon without seeds) or ripe berries without seeds (or with small seeds such as strawberries), chopped if needed Fruit juices at ordered thickness May substitute cooked fruits or juices at allowed thickness	Apples, dried fruits, (unless cooked in water to a very soft consistency), fruit leather, grapes, mango, papaya, pears, pineapple Other difficult to chew fruits
<b>Vegetables</b> should be soft, well cooked and chopped if needed. Avoid any potato skins, corn, raw vegetables (except shredded lettuce) May substitute cooked vegetables or juices for difficult to chew items	Avoid raw vegetables (except shredded lettuce) Avoid cooked rubbery or non-tender cooked vegetables Avoid corn, potato skins, tough or crisp-fried potatoes
<b>Grains</b> should be well moistened (with syrup, jelly, margarine or butter as appropriate for your diet) Soft, well moistened noodles	Any dry, tough or crusty bread (such as French bread, biscuits, foccicia bread), crackers, toast, etc. Grilled sandwiches; Pizza; Dry bread dressing (stuffing). Avoid dry cereals such as shredded wheat or bran cereal. Rice

## Dysphagia Advanced (Level 3)

Foods Allowed	Foods to Avoid
<p><b>Cereals</b> should be well moistened with milk or milk substitute (such as bran flakes, corn flakes, puffed rice, toasted O's, fruit rings)                      Drain any excess milk if thin liquids are not allowed                      Hot Cereals: Cream of wheat, cream of rice, cooked grits</p>	<p>Coarse cooked cereal, dry whole grain, (such as shredded wheat or bran bud type cereals), raisin bran cereal, cereal with nuts, seeds, and coconut</p>
<p><b>Fluids</b> should be at allowed thickness only (if your physician has ordered nectar-like, honey-like or spoon thick liquids)</p>	<p>If thin liquids are restricted, avoid milkshakes, frozen yogurt, eggnog, ice cream, sherbet, gelatin, or anything that is liquid at room temperature</p>
<p><b>Discretionary Calories (Sugars, Fats, Alcohol and Miscellaneous)</b>                      Foods include pudding, custard, soft fruit crisps, cobblers or pies without large chunks or nuts, soft, moist cakes, or slurred cakes and cookies.                      Non-chewy candies without nuts, seeds or coconut                      Seasonings, sweeteners, sauces, jams, jellies, honey                      Soup fillings should be easy to chew and swallow with liquid broth thickened to allowed consistency</p>	<p>Dry or chewy cakes, cookies, coconut, nuts, large edible seeds, popcorn, potato or corn chips, caramel, taffy, or other chewy candies                      Soups with large chunks of meats and vegetables, (&gt; 1 inch in size), rice, corn or peas                      Clam chowder</p>

Individualize the diet as needed for best tolerance and safety with swallowing.

It is important to make the diet look appealing. The following garnishes can help (as appropriate for your diet).

- ◆ Fruits: whipped topping, a sprinkle of powdered gelatin, cinnamon sugar
- ◆ Meats: gravy, sauce, catsup, mustard, mayonnaise or barbeque sauce
- ◆ Hot Vegetables: cheese sauce or Hollandaise sauce
- ◆ Desserts: chocolate syrup, butterscotch sauce, whipped topping

## Dysphagia Mechanically Altered (Level 2)

A Dysphagia Mechanically Altered (Level 2) Diet is for individuals with mild to moderate oral and/or pharyngeal dysphagia. It is a cohesive, moist, semi-solid diet which requires some chewing ability. It includes moist, ground, soft textured, minced or fork-mashable, simple to chew foods that are included in a transition from puree texture to mechanical soft texture. The food forms easily into a cohesive bolus. May include foods from the Level I diet, but excludes most bread products, crackers, and other dry foods. These guidelines are intended for use with adults.

Foods Allowed	Foods to Avoid
All foods on Levels 1 and 2 are allowed if desired	See below
<p><b>Meats</b>, poultry and fish must be tender and moist, ground or chopped to less than ¼ inch cubes as tolerated            May serve pureed meats if preferred            Meatloaf, meatballs with sauce or gravy            All meats, poultry and fish served moistened with sauce or gravy</p>	Dry, tough meat or any other whole pieces of meat
<p><b>Meat alternatives</b> include casseroles without rice, moist macaroni and cheese, well-cooked pasta and ground meat sauce, tuna noodle casserole, lasagna or quiche without large chunks            Soft, mashable baked beans or legumes            Poached, scrambled, omelets, or baked eggs (with small, soft chunks), and cottage cheese            Tuna or egg salad without large chunks or raw vegetables            Tofu</p>	Casseroles with rice or large chunks Cheese slices or cubes Peanut butter Pizza Sandwiches Hard cooked or crispy fried eggs Difficult to chew meat alternatives
<p><b>Fruits</b> include soft, canned, cooked fruits or soft, ripe bananas, fruit juices at allowed thickness            Juices at allowed thickness (May have a small amount of pulp)</p>	Raw (fresh) fruits (other than bananas), pineapple, dried fruit, frozen fruit juice bars, fresh or frozen fruits No seeds or skins
<p><b>Vegetables</b> should be soft, well cooked and easily mashed with a fork            Substitute cooked vegetables or juices for difficult to chew items            Well-cooked, moistened, boiled, baked, or mashed potatoes, or shredded hashed browns that are not crisp            All potatoes should be served with sauce or gravy.</p>	Avoid raw vegetables (including lettuce), cooked asparagus, broccoli, Brussels sprouts, cabbage, corn, peas, other fibrous or rubbery vegetables Potato skins, fried or French fried potatoes Any pieces larger than ½” in size
<p><b>Grains</b>            Breads (such as biscuits, muffins, pastries, rolls, etc.) should be pureed following a recipe, or slurried and gelled            Well-cooked noodles or dumplings in sauce            Soft pancakes well moistened with syrup or sauce</p>	Regular breads, any breads with coconut, seeds, pieces of fruit, etc. that are not pureed Regular rice Pizza

## Dysphagia Mechanically Altered (Level 2)

Foods Allowed	Foods to Avoid
<p><b>Cereals</b> should have little texture such as cream of wheat or rice, smooth cooked oatmeal; or moistened bran flakes, corn flakes, puffed rice, toasted Os, fruit rings, Wheaties™, etc. (If on thickened liquids, milk must be completely absorbed into cereal)</p>	<p>Coarse cooked cereal, dry whole grain, cereal with nuts, seeds, coconut, dried fruit or other large, hard, dry pieces of food</p>
<p><b>Fluids</b> should be at allowed thickness only (physician order for nectar-like, honey-like or spoon thick liquids)</p>	<p>If thin liquids are restricted, avoid milkshakes, frozen yogurt, eggnog, ice cream, sherbet, gelatin, or any that are liquid at room temperature (including broths in soups and stews) Beverages with pulp that separates out</p>
<p><b>Discretionary Calories (Sugars, Fats, Alcohol and Miscellaneous)</b> Foods include pudding, custard, soft fruit crisps, cobblers or pies (bottom crust only), without large chunks or nuts, soft, very moist cakes, or slurried/gelled cakes and cookies Soft, smooth chocolate. Butter, margarine, gravy, cream sauce, mayonnaise, cream cheese, sour cream, salad dressing, whipped topping Soup fillings should be easy to chew and swallow with liquid broth thickened to allowed consistency Food pieces should be less than ½” in size.</p>	<p>Dry coarse cakes, cookies, skins, nuts, seeds, coconut, rice or bread pudding Sticky foods, chewy candies (such as caramel or licorice), nuts, large edible seeds, popcorn, corn chips Potato chips Soups with large chunks of meats and vegetables, rice, corn or peas</p>

## Dysphagia Puree (Level 1) Diet

The Dysphagia Puree (Level 1) Diet is used only for individuals who have severe chewing and/or swallowing problems. This diet uses pureed, homogenous, cohesive, pudding-like food that is in the form of an easy to swallow bolus. Food is a moist, pudding-like consistency without particles. It is a nutritionally adequate, easily swallowed diet with minimum chewing. Liquids are served at ordered consistency (nectar-like, honey-like or spoon thick). Thoroughly evaluate individuals before placing on a puree diet, and periodically re-evaluate for ability to advance to the next level dysphagia diet. These guidelines are intended for use with adults.

Foods Allowed	Foods to Avoid
<p><b>Meats</b>, eggs, cheese, and cottage cheese should be pureed to moist pudding-like consistency following an appropriate recipe                      Pre-prepared pureed shaped meats                      Meats are served moistened with sauce or gravy</p>	Any non-pureed meats or meat alternatives
<p><b>Meat alternatives</b> include any that are well pureed into a smooth, moist, mashed potato consistency</p>	Any non-pureed meats or meat alternatives Avoid peanut butter unless part of a complete pureed recipe that is easy to swallow
<p><b>Fruits</b> include any that are pureed to a smooth consistency with no pulp, seeds, skins or chunks                      Fruit juices that are thickened to proper consistency                      Fruit juice without pulp thickened to proper consistency                      Well mashed, ripe bananas, free of lumps                      Pre-prepared pureed shaped fruits</p>	Any non-pureed fruits, or juices that are not at the proper consistency (as ordered by the physician) Juice with pulp
<p><b>Vegetables</b> should be soft, well cooked and pureed using an appropriate recipe, and free from chunks, lumps and/or seeds.                      All potatoes and other starches should be pureed per appropriate recipes                      Potatoes (including mashed potatoes) can be served with gravy, sauce, butter, or margarine to moisten                      Tomato or vegetable juice thickened to proper consistency                      Pre-prepared pureed shaped vegetables</p>	Any non-pureed vegetables
<p><b>Grains</b> should be served pureed, or may be pureed into other foods (in accordance with appropriate recipes), or may be slurried and gelled (through the entire thickness)                      Pureed bread products (mixes or pre-prepared, shaped products)</p>	Regular breads Any non-pureed or non-slurried bread/starch foods
<p><b>Cereals</b> should be smooth and of one consistency (usually cooked cereals such as cream of wheat or rice, or farina)                      Cereals should be a pudding-like consistency</p>	Any other cereal including oatmeal Coarse cooked cereal, dry whole grain, cereal with nuts, seeds, and coconut

## Dysphagia Puree (Level 1) Diet

Foods Allowed	Foods to Avoid
<p><b>Fluids</b> should be at allowed thickness only (if your physician has ordered thickened liquids)                      Beverages (including fruit and vegetable juices) should be smooth and of one consistency, based on the consistency ordered by the physician</p>	<p>If thin liquids are restricted, avoid milkshakes, frozen yogurt, eggnog, ice cream, sherbet, gelatin, or any that are liquid at room temperature</p>
<p><b>Discretionary Calories</b> (Sugars, Fats, Alcohol and Miscellaneous)                      Pureed foods of pudding-like consistency such as smooth puddings, custards, yogurts                      Milkshakes, eggnogs, ice cream, and sherbet only if thin liquids are allowed                      Pureed desserts, cakes and cookies                      Butter, margarine, gravy, sauces, mayonnaise, sour cream, cream cheese, whipped topping, salad dressing                      Soups must be pureed with no chunks or lumps, thickened to proper consistency if needed</p>	<p>Any non-pureed desserts or snacks                      Any food item with chunks, lumps or particles                      Bread or rice pudding or any coarse or textured desserts                      Any food item with chunks, lumps or particles                      Nuts, sprinkles, seeds, coconut, course ground pepper, herbs or spices                      Sticky or chewy foods                      Any non-pureed soups, or any soups that are not at the proper consistency (as ordered by the physician)</p>

It is important to make the diet look appealing. The following garnishes can help (as appropriate for the diet ordered)

- ◆ Fruits: whipped topping, a sprinkle of powdered gelatin\*, cinnamon sugar\*
- ◆ Meats: gravy, sauce, catsup, mustard, mayonnaise or barbeque sauce\*
- ◆ Hot Vegetables: cheese sauce or Hollandaise sauce
- ◆ Desserts: chocolate syrup\*, butterscotch sauce\*, whipped topping

\*High in simple sugars. These carbohydrates must be counted in the day's total carbohydrates if on a carbohydrate controlled diet. Please refer to the section on **Diabetes and Calorie Controlled Diets** under **Carbohydrate Controlled Pureed Diet**

## Sample Daily Meal Plan for Well Balanced Dysphagia Diets

Dysphagia Advanced (Level 3)	Dysphagia Mechanically Altered (Level 2)	Dysphagia Puree (Level 1)
<p><b>Breakfast</b>  *¾ c Orange Juice  ¾ c Cooked Oatmeal</p> <p>¼ c Scrambled Egg  <b>1 Cinnamon Muffin (no nuts) well Moistened with Margarine &amp; Jelly</b>  <b>*8 oz Low-Fat Milk</b>  Sugar, Salt, Pepper  *Coffee, Tea or Beverage</p> <p><b>Lunch</b>  ½ c <b>Shredded Lettuce</b>  w/ 1 Tbs Salad Dressing  3 oz <b>Chopped or Ground</b> Roast Beef w/Gravy  ½ c <b>Well Moistened Noodles</b>  ½ c <b>Well Cooked Broccoli</b>  *½ c Ice Cream  <b>*4 oz Low Fat Milk</b>  *Coffee, Tea or Beverage</p> <p><b>Dinner</b>  *¾ c Cream of Tomato Soup  2 oz <b>Chopped or Ground</b> Roast Chicken w/Gravy  ½ c Mashed Potatoes  ½ c <b>Finely</b> Chopped Spinach  1 Baked Apple, <b>Soft (no chunks, grains, nuts or skin)</b>  <b>*4 oz Low Fat Milk</b>  Sugar, Salt, Pepper  *Coffee, Tea or Beverage</p> <p><b>P.M. Nourishment</b>  *½ c <b>Milk</b>  ½ c <b>Pudding</b></p>	<p><b>Breakfast</b>  *¾ c Orange Juice  ¾ c Cooked Oatmeal (<b>smooth</b>)</p> <p>¼ c Scrambled Egg  <b>#10 s Pureed Cinnamon Muffin</b>  1 Tbs Jelly  1 tsp Margarine  <b>*8 oz Low-Fat Milk</b>  Sugar, Salt, Pepper  *Coffee, Tea or Beverage</p> <p><b>Lunch</b>  *¾ c <b>Vegetable Juice</b></p> <p>3 oz <b>Chopped or Ground</b> Roast Beef w/Gravy  <b>#8 s Pureed Rice</b></p> <p>½ c <b>Well Cooked</b> Broccoli  *½ c Ice Cream  <b>*4 oz Low Fat Milk</b>  *Coffee, Tea or Beverage</p> <p><b>Dinner</b>  *¾ c Cream of Tomato Soup  2 oz <b>Chopped or Ground</b> Roast Chicken w/Gravy  ½ c Mashed Potatoes  ½ c <b>Pureed or Finely</b> Chopped Spinach  1 Baked Apple, <b>Soft (no chunks, grains, nuts or skin)</b>  <b>*4 oz Low Fat Milk</b>  Sugar, Salt, Pepper  *Coffee, Tea or Beverage</p> <p><b>P.M. Nourishment</b>  *½ c <b>Milk</b>  ½ c <b>Pudding</b></p>	<p><b>Breakfast</b>  *¾ c Orange Juice  ¾ c <b>Cooked Cream of Rice Cereal</b>  <b>#8 s Egg &amp; Toast</b>  <b>#10 s Pureed Muffin</b>  1 Tbs Jelly  1 tsp Margarine  <b>*8 oz Low-Fat Milk</b>  Sugar, Salt, Pepper  *Coffee, Tea or Beverage</p> <p><b>Lunch</b>  *¾ c <b>Vegetable Juice</b></p> <p><b>#6 s Pureed Roast Beef</b></p> <p><b>#8 s Pureed Rice</b></p> <p><b>#8 s Pureed Broccoli</b>  *½ c Ice Cream  <b>*4 oz Low Fat Milk</b>  *Coffee, Tea or Beverage</p> <p><b>Dinner</b>  *¾ c Cream of Tomato Soup  <b>#8 s Pureed Roast Chicken</b> w/Gravy  ½ c Mashed Potatoes  <b>#8 s Pureed Spinach</b></p> <p><b>#12 s Pureed Baked Apple</b></p> <p><b>*4 oz Low Fat Milk</b>  Sugar, Salt, Pepper  *Coffee, Tea or Beverage</p> <p><b>P.M. Nourishment</b>  *½ c <b>Milk</b>  ½ c <b>Pudding</b></p>

**Bold/italicized** items indicate difference from the regular diet.

\*Thickened to ordered consistency

## References & Resources

All individuals requiring thickened liquids as recommended by the speech language pathologist (SLP) and ordered by the physician will be served liquids in a form to minimize the risk of choking and aspiration.

### **General Guidelines for Thickened Liquids:**

The food service department should receive a written order for any individuals requiring liquids in a thickened form.

The following consistencies may be ordered based on individual needs:

- **Thin** – water, coffee, tea, soda, ices, juices, milk, carbonated beverages, broth or broth based soups, thin tomato juice, gelatin, ice cream, sherbet, sorbet, anything that will liquefy in the mouth within a few seconds (1-50 cp)
- **Nectar-like** – Fruit nectars such as apricot, peach or pear nectar, maple syrup, eggnog or thick tomato juice; or beverages thickened to nectar consistency (51-350cp)
- **Honey-like** – thickened to honey consistency (351-1750 cp)
- **Spoon Thick** – thickened to a pudding consistency (>1750 cp)

Note: cp = centipoise, a measurement of the thickness of a liquid. (4,6)

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***The information in these handouts was excerpted from Becky Dorner & Associates, Inc. 2008 Diet Manual (extended version): <http://www.beckydorner.com/publications-details.html?id=19>***