What is Dysphagia?
Some people have trouble swallowing when eating solid food and/or drinking liquids. When you have trouble swallowing, this is called dysphagia. Signs of dysphagia include coughing, choking, a gurgly voice, or the feeling of food being stuck in your throat when you eat.

When you have dysphagia, you need to change what and how you eat to make swallowing easier and safer.

Which food texture is safest for me?
A dysphagia dental soft diet is recommended for you. Dental soft foods should be moist, soft, and easy to chew.

Other Recommendations:
Am I allowed to eat bread?

Some people with dysphagia will find it difficult to swallow bread.

☐ Bread is allowed
  ☑ Crust is allowed
  ☐ Crust is NOT allowed
  ☐ Bread is NOT allowed

What are some tips to help me swallow easier?

• Eat in a calm and quiet place
• Avoid busy restaurants
• Turn off the TV when eating
• Remember to swallow before talking
• Sit upright at a table
• Take your time - eat and drink slowly
• Moisten foods by adding the following:
  ✓ Smooth gravy or sauce
  ✓ Butter, margarine, or oil
  ✓ Mayonnaise, sour cream, or yogurt

Foods you will need to avoid

Foods that are mixed consistencies:

These are foods that have both a solid and liquid component and are more difficult to swallow.

Some examples include:

• Broth-based or cream-based soups with pieces of meat or vegetables (e.g. chicken noodle or cream of mushroom soup)
• Dry cereal with milk (e.g. Rice Krispies®, Raisin Bran®)
• Canned fruit in juice or syrup (e.g. fruit cocktail)
**Sticky foods:**

These foods may stick to the roof of your mouth and are hard to push down with your tongue.

Some examples include:

- Peanut butter, cream cheese, cheese spread
- Toffee, caramel, jube-jubes, hard candy, chewing gum
- Pizza, bagels
- Dried fruit

**Dry, crumbly and crunchy foods:**

These foods fall apart easily and may cause coughing and/or choking.

Some examples include:

- Any bread or baked products that are dry, hard or contain hard and dry ingredients (e.g. toast, cookies, crackers, scones, muffins, roti, tortillas, whole grain and multigrain bread, English muffins, croissants)
- Dry cereals, including granola or muesli
- Rice, couscous, quinoa
- Popcorn, pretzels
- Crackers, potato chips, taco chips or shells
- Coconut, nuts, seeds
- Raw vegetables

**Other foods to avoid:**

____________________________________________________________________________________________

____________________________________________________________________________________________

____________________________________________________________________________________________

**Meal delivery options:**

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____________________________________________________________________________________________

____________________________________________________________________________________________
Dysphagia Dental Soft Foods

Note: If thickened fluids have been recommended for you, please see the Thickened Fluids handout for additional guidelines on beverages.

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<th>Food Group</th>
<th>Foods to Choose</th>
<th>Foods to Avoid</th>
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| Milk and Alternatives | • Plain or smooth, flavoured yogurt  
• Cottage cheese  
• Hard cheese (e.g. cheddar, swiss)  
• Processed cheese slices  
• Other cheeses if used as an ingredient | • Yogurt with nuts, seeds, or fruit  
• All soft cheeses, cheese spread, and cream cheese     |
| Grain Products     | • Cooked refined cereals (e.g. instant oatmeal, Cream of Wheat®, Cream of Rice®, Pablum® cereal)  
• Soft pasta and noodles  
• Soft bread or soft rolls: white or whole wheat  
• Soft pancakes  
• Pureed muffins  
• Moist dressing/stuffing  
• Pureed rice or congee | • Cooked cereals or breads with bran, seeds, nuts, or fruits  
• All dry cereals  
• Breads that are hard or crumbly (e.g. toast, scones, bagels, English muffins, croissants, danishes)  
• French toast, waffles  
• Rice, orzo, and congee, unless pureed  
• Pita bread, tortillas, roti, chapati  
• Crackers, melba toast, rice cakes, chips, popcorn |
| Meat and Alternates | • Thinly sliced, tender meat  
• Whole meat patties, meatloaf, meatballs, skinless sausages, wiener  
• Whole, moist, tender poultry and boneless fish  
• Canned tuna and salmon (with soft bones mashed in)  
• Soft, moist scrambled eggs  
• Plain or cheese omelette  
• Soft cooked, minced, moist legumes and lentils  
• Smooth hummus  
• Soft and medium tofu  
• Peanut butter or nut butter if used as an ingredient only | • Tough, dry or fried meats  
• Pork chops, pork cutlet  
• Bacon, sausage with skin  
• Battered, breaded, or fried meat, poultry, or fish  
• All other fish with bones  
• Hard cooked eggs except in minced egg salad  
• Nuts and seeds  
• Fried tofu  
• Vegetarian patties (e.g. soy burgers) that are dry and crumbly  
• Peanut or nut butter, unless as specified |
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| **Fruits and Vegetables** | • Applesauce and other fruit purées  
• Ripe bananas, ripe avocados  
• Soft, canned fruit if drained  
• Soft fresh fruit  
  (e.g. mango, papaya)  
• Dried fruit only if stewed/cooked and pureed  
• Soft, well cooked vegetables if minced or mashed  
  (e.g. broccoli, cauliflower, green beans, carrots, chopped spinach)  
• Mashed potatoes, pureed scalloped potatoes, skinless squash and yam | • Canned mixed fruit  
  (e.g. fruit cocktail)  
• Pineapple chunks, rings or tidbits  
• Canned mandarin oranges  
• All other dried fruit unless stewed and pureed  
• Fresh juicy fruits  
  (e.g. oranges, watermelon, grapes)  
• Coconut  
• All raw vegetables, including salads  
• Stringy, tough or fibrous vegetables  
  (e.g. bok choi, gai lan, celery)  
• Vegetables with skins  
  (e.g. corn, lima beans)  
• Fried potatoes, french fries  
• Fried vegetables |
| **Soups, Mixed Dishes and Entrees** | • Pureed or strained soups, thickened to the recommended fluid consistency  
• Sandwiches with moist, soft salad filling  
  (e.g. fish or egg salad)  
• Soft, moist mixed dishes  
  (e.g. casseroles) made with minced ingredients in smooth sauces or gravies  
• Frittatas and crustless quiches with allowed ingredients | • All other soups  
  (e.g. chicken noodle, cream of mushroom)  
• Sliced meat or cheese sandwiches  
• Grilled sandwiches  
  (e.g. grilled cheese)  
• Burgers, hot dogs  
• Stews, stir-fries  
• Entrées with pastry  
  (e.g. chicken pot pie) |
| **Condiments** | • Smooth or pureed sauces and gravies  
• Butter, margarine, oils  
• Ketchup, smooth mustard, mayonnaise | • All other sauces  
  (e.g. salsa, chunky tomato sauce, peppercorn sauce) |
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| Desserts and Sweets | • All soft desserts that will not crumble (e.g. puddings including tapioca pudding, rice pudding, custard, mousses)  
|                   | • Honey, jellies, sugar, syrups                                                  | • Ice cream, sherbet, popsicles, and gelatin (e.g. Jello®), unless thin fluids are safe for you |
|                  |                                                                                 | • Desserts or baked goods with seeds, nuts, or dried fruits                      |
|                  |                                                                                 | • Desserts that are crumbly or chewy (e.g. cakes, squares, bars, brownies, loaves, crisps, Betties, bread pudding, cobblers, pies, tarts pastries, cookies, Rice Krispies® squares) |
|                  |                                                                                 | • Jam with seeds, marmalades                                                     |

If you have nutrition questions after discharge, call Dietitian Services at HealthLinkBC by dialing 8-1-1 to speak with a Registered Dietitian.