



**Registered Dietitians**  
Department of  
Veterans Affairs  
*Leading the way to better health*

# DYSPHAGIA PUREED (NDD #1)

## DIET PRINCIPLES:

- 👉 The diet consists of pureed, uniform, and cohesive foods. Food should be “pudding like”. No coarse textures, raw fruits or vegetables, or nuts are allowed. Any foods that require ball formation, controlled manipulation, or chewing are excluded.
- 👉 Use a Blender to mix soft foods and liquids to obtain a texture similar to pudding or mashed potatoes. Foods may be shaped to increase acceptance.
- 👉 Slurried foods are those that have had a mixture of water and food thickener or unflavored gelatin spooned over them to soften without breaking them apart. Examples of slurried foods are pancakes, French toast, cookies, and cake.
- 👉 The diet may be changed to meet the patient's needs.
- 👉 This diet is used with the NDD Level 1: Dysphagia Pureed Diet (Dysphagia #1 Diet) and may be used as a first step in introduction of solid food.

### Food Group

### Allowed

### Not Allowed

#### BEVERAGES

All smooth homogenous beverages without lumps, chunks or pulp. Beverages may need to be thickened to prescribed liquid consistency.

All others

#### BREADS

Pureed bread; slurried bread, sweet rolls, hotcakes, Danish pastries and French toast that are gelled through entire thickness of product

All others including any with nuts, seeds, and/or dried fruit

<u>Food Group</u>	<u>Allowed</u>	<u>Not Allowed</u>
CEREALS	Smooth, uniform, cooked cereals such as farina with a pudding-like texture and just enough milk to moisten; strained oatmeal	All dry cereal; cooked cereals with lumps, seeds or chunks; oatmeal
DESSERTS	Smooth puddings, custards, Pureed desserts and soufflés; gelatin; ice cream	Ices, frozen juice bars, cookies, cakes, pies, pastry, coarse or textured puddings; bread and rice pudding; fruited yogurt
<i>*If patient or resident is on thick liquids, frozen malts and yogurt, milk shakes, eggnog, nutritional supplements, ice cream, sherbet, regular or sugar-free gelatin or any foods that melt at room or body temperature are restricted</i>		
FATS	Cream; cream substitutes; cooking fats & oils; strained gravy; margarine; butter; mayonnaise; plain smooth salad dressings; smooth sauces; sour cream; whipped cream or topping; cream cheese	All others including those with coarse or chunky additives; bacon
FRUITS & FRUIT JUICES	Smooth applesauce; mashed ripe banana; all other pureed fruits; juices; and nectars without seeds, pulp or chunks. Beverages may need to be thickened to prescribed liquid consistency.	All others including fresh, frozen, canned, and dried fruits that are not pureed.
POTATO & POTATO SUBSTITUTES	Mashed potatoes with gravy or sauce; pureed potatoes; well cooked pasta, noodles, bread dressing, or rice that has been pureed to a smooth, uniform texture	All others

<b><u>Food Group</u></b>	<b><u>Allowed</u></b>	<b><u>Not Allowed</u></b>
SOUP	Broth or bouillon; strained or pureed creamed soups; soup with pureed vegetables. Soups may need to be thickened to prescribed liquid consistency.	All others
SWEETS	Honey; smooth jelly; sugar; Sugar substitutes syrups; very soft smooth candies such as truffles	All others
VEGETABLES & VEGETABLE JUICES	Pureed cooked vegetables without lumps, seeds, pulp or skins; mashed winter squash; tomato paste or sauce without seeds; pureed, strained peas; vegetable juice. Beverages may need to be thickened to prescribed liquid consistency.	All others
MISCELLANEOUS	Flavoring agents; finely ground pepper; salt; powdered spices; ketchup; mustard; BBQ and other smooth sauces	All others
<b><u>MEAT GROUP:</u></b> CHEESE	Pureed cottage cheese; melted cheese	All others
EGGS	Custard; pureed scrambled eggs or egg substitute; smooth soufflés; eggnog	All others
FISH	Pureed fish	All others
MEAT ENTREES/ MEAT SUBSTITUTES	Pureed casseroles and entrees; pureed meat; pureed tofu, lentils, legumes, liver sausage	All others

<b><u>Food Group</u></b>	<b><u>Allowed</u></b>	<b><u>Not Allowed</u></b>
POULTRY	Pureed poultry	All others
MILK & MILK MILK PRODUCTS	All milk; smooth yogurt; frozen malts; shakes Beverages may need to be thickened to prescribed liquid consistency.	None



## Central Texas Veterans Health Care System

**Questions, please call  
Nutrition and Food Service:**

Austin: Dial Direct (512) 389-6531 or 1-(800) 423-2111 Ext. 46531

Temple: Dial Direct (254) 743-1999 or 1-(800) 423-2111 Ext. 41999

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Approved by Patient Education Committee date to be added later