**Dysphagia Level 1 Foods List**

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| **Food Group** | **Recommended Foods** | **Foods to Avoid** |
| Grains | Smooth cooked cereals such as farina and cream of wheat with small amounts of milk.  Breads, rolls, crackers, pancakes, sweet rolls, Danish pastries, French toasts, muffins.  Well-cooked pasta, noodles, bread dressing, and rice that have been pureed to a pudding consistency. | Breads, rolls, crackers, biscuits, pancakes, waffles, French toast, muffins, and bread dressing, pasta, noodles, and rice that have not been pureed to pudding consistency.  Dry cereals, oatmeal, or cooked cereals with lumps, seeds, or chunks. |
| Vegetables | Pureed vegetables, tomato sauce or tomato paste without seeds and seasoned as desired with butter, margarine, or oil.  Mashed or pureed potatoes without skins seasoned with gravy, butter, margarine, or sour cream. | Fresh, frozen, canned, or dried vegetables that have not been pureed.  Tomatoes or tomato sauce with seeds. |
| Fruits | Pureed fruits, well-mashed fresh bananas or avocados. | Whole fresh, frozen, canned, or dried fruits that have not been pureed. Watermelon with seeds. |
| Milk/Dairy | Milk used to moisten foods, smooth puddings, custards, or yogurt. | Yogurt with pieces of fruits or nuts. |
| Protein Foods | Pureed cooked meats, casseroles, Braunschweiger sausage, soufflés and other egg dishes. | Whole or ground meats, fish, or poultry.  Dried or cooked lentils or legumes that have been cooked, but not mashed or pureed.  Cheese, cottage cheese, or peanut butter unless incorporated into foods and pureed.  Fried, scrambled, or hard-cooked eggs unless pureed. |
| Fats and Oils | Butter, margarine, strained gravy, sour cream, mayonnaise, cream cheese, whipped topping, smooth sauces such as white sauce, cheese sauce, or hollandaise sauce. | All fats with coarse or chunky additives. |