**Dysphagia Level 2 – Mechanically Altered**

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| **Food Group** | **Recommended Foods** | **Foods to Avoid** |
| Grains | Soft pancakes, breads, sweet rolls, Danish pastries, French toasts well moistened with syrup or sauce to form a slurry.  Well-cooked pasta, noodles, and bread dressing. Well-cooked noodles in sauce. Spaetzel or soft dumplings that have been moistened with butter or gravy.  Purchased pureed bread products.  Cooked cereals with little texture, including oatmeal.  Slightly moistened dry cereals with little texture such as corn flakes, wheat flakes, and puffed rice.  Unprocessed wheat bran stirred into cereals to provide fiber.  Soft, moist cakes with icing dissolved in milk or juice to form a slurry.  Cookies softened with milk, coffee, or other liquid. | All breads not in the recommended list.  Very coarse cooked cereals that contain flax or other seeds or nuts.  Whole grain dry or coarse cereals.  Cereals with nuts, seeds, dried fruit, and/or coconut. Dry, coarse cakes and cookies.  Rice or bread pudding. |
| Vegetables | Moist, well-cooked, soft-boiled, baked, or mashed potatoes.  All soft, well-cooked vegetables in pieces less than ½ inch in size. | Potato skins.  Potato and other vegetable chips.  Fried or French-fried potatoes.  Cooked corn and peas.  Broccoli, cabbage, brussels sprouts, asparagus, celery, and other fibrous, tough, or stringy or undercooked vegetables. |
| Fruits | Soft drained canned or cooked fruits without seeds or skin.  Fresh ripe banana.  Plain gelatin or gelatin with canned fruit, except pineapple.  Soft fruit pies with bottom crust only.  Crisps and cobblers without seeds or nuts and with soft crust or crumb topping. Fruit ices. | Pineapple, fruit with seeds, coconut, dried fruit. |
| Milk/Dairy | Pudding, custard, ice cream, sherbet, malts, frozen yogurt, and cottage cheese. | Breakfast yogurt with nuts. |
| Protein Foods | Moistened ground or tender cooked meat, poultry, or fish with gravy or sauce.  Casseroles without rice.  Moist macaroni and cheese, well-cooked pasta with meat sauce, tuna-noodle casserole, soft and moist lasagna.  Moist meatballs, meat loaf, or fish loaf.  Tuna, egg, or meat salad without large chunks or hard to chew vegetables.  Smooth quiche without large chunks.  Poached, scrambled, or soft-cooked eggs mashed with butter, margarine, sauce, or gravy.  Soufflés with small chunks of meat, fruit or vegetables.  Tofu.  Well-cooked, moistened, and mashed dried and cooked beans, peas, baked beans, and other legumes. | Nuts, foods made with nuts, dry meats, tough meats (such as bacon, sausage, hot dogs, bratwurst).  Dry casseroles or casseroles with rice or large chunks.  Cheese slices and cubes.  Peanut butter.  Hard-cooked or crisp fried eggs.  Sandwiches.  Pizza. |
| Fats and Oils | Butter, margarine, gravy, cream sauces, mayonnaise, salad dressings, cream cheese, cream cheese spreads with soft fruits or vegetables added, sour cream, sour cream dips with soft fruits or vegetables, whipped toppings. | All fats with coarse or chunky additives. |