**Dysphagia Level 3 – Advanced**

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| **Food Group** | **Recommended Foods** | **Foods to Avoid** |
| Grains | Any well-moistened breads, biscuits, muffins, pancakes, waffles, etc.  Need to add adequate syrup, jelly, margarine, butter, etc. to moisten well.  All well-moistened cereals (can use ¼ cup of milk or just enough to moisten if thin liquids are restricted)  Rice, bread dressing | Dry bread, toast, crackers, etc.  Tough, crusty breads such as French bread or baguettes.  Coarse or dry cereals such as shredded wheat or All Bran. |
| Vegetables | All cooked, tender vegetables.  Shredded lettuce. | All raw vegetables except shredded lettuce.  Cooked corn.  Nontender or rubbery cooked vegetables. |
| Fruits | All canned and cooked fruits.  Soft, peeled fresh fruits such as peaches, nectarines, kiwi, mangoes, cantaloupe, honeydew, watermelon (without seeds).  Soft berries with small seeds such as strawberries. **If thin liquids allowed, also may have:**Any fruit juices. | Difficult to chew fresh fruits such as apples or pears.  Stringy, high-pulp fruits such as papaya, pineapple, or mango.  Fresh fruits with difficult to chew peels such as grapes.  Uncooked dried fruits such as prunes and apricots.  Fruit leather, fruit roll-ups, fruit snacks, dried fruits. |
| Milk/Dairy | Yogurt without nuts or coconut. | Yogurt with nuts or coconut. |
| Protein Foods | Thin-sliced, tender, or ground meats and poultry.  Well-moistened fish.  Eggs prepared in any way.  Casseroles with small chunks of meat, ground meats, or tender meats. | Tough, dry meats and poultry.  Dry fish or fish with bones.  Chunky peanut butter. |
| Fats and Oils | All except those on the avoid list. | All fats with coarse, difficult to chew, or chunky additives such as cream cheese spread with nuts or pineapple. |
| Soups | All soups except those on the avoid list.  Strained corn or clam chowder (may need to be thickened to appropriate consistency if the soup is thinner than the prescribed liquid consistency)  If thin liquids allowed, all thin soups except those on the avoid list. Broth and bouillon. | Soups with tough meats.  Corn or clam chowders.  Soups that have large chunks f meats or vegetables less than 1 inch. |
| Beverages | Any beverages, depending on recommendations for liquid consistency.  Ice chips  If thin liquids allowed, also many have: milk, juices, coffee, tea, soft drinks, carbonated beverages  Alcoholic beverages, if allowed  Nutritional supplements. |  |