

National Dysphagia Diet Menu – Beverages & Level 1



Beverages

Thickened —*honey or nectar consistency*

Coffee – regular, decaf

Milk – 2%, vanilla

Juice – orange, cranberry, apple

Hot Drinks —*if thin liquids are allowed*

Coffee – regular, decaf

French Vanilla Cappuccino

Hot Chocolate – regular, no sugar added

Hot Tea – regular, decaf

Herbal Tea – lemon, apple & cinnamon, orange & spice, cranberry apple, mint medley

Condiments: sugar, Equal®, Splenda®, creamer, non-dairy creamer, lemon, honey

Milk —*if thin liquids are allowed*

Milk – skim, 2%, whole, chocolate

Rice Milk – original, vanilla

Soy Milk – original, vanilla, chocolate

Lactose-Free Milk

Juice —*if thin liquids are allowed*

Juice – apple, orange, cranberry, grape, prune, vegetable, low-sodium vegetable

Crystal Light® – orange sunrise, raspberry ice

Fountain Drinks —*if thin liquids are allowed*

Pepsi®, Sierra Mist®, Mountain Dew®, Root Beer®, Diet Sierra Mist®, Diet Pepsi®, Caffeine-Free Diet Pepsi®, Diet Mountain Dew®, Sugar-Free Lemonade, Iced Tea

Frozen Beverages —*if thin liquids are allowed*

Nonfat Frozen Yogurt Shake

Level 1

Breakfast —*all items served pureed consistency*

French Toast

Eggs – regular, cholesterol-free

Sausage

Cream of Wheat

Vanilla Yogurt

Applesauce

Pureed Fruit – peaches, pears, pineapple

Pureed Bread—with your choice of toppings.

Condiments: syrup, butter, margarine, honey, jelly

Lunch & Dinner —*all items served pureed consistency*

White Fish – served with white rice and carrots or green peas.

Roasted Turkey – served with mashed potatoes with gravy and broccoli.

Roasted Chicken – served with mashed sweet potatoes and green beans.

Roast Beef – served with mashed potatoes with gravy and corn.

Pasta – topped with marinara sauce.

Personal Cheese Pizza

Applesauce

Pureed Fruit —peaches, pears, pineapple

Pureed Bread—with your choice of toppings.

Condiments: gravy, butter, margarine, salt, pepper, Mrs. Dash®, BBQ sauce, tartar sauce

Soups —*if thin liquids are allowed*

Tomato, Cream of Mushroom, Cream of Chicken

Broth—beef, chicken, vegetable

Desserts —pudding, yogurt, magic cup

If thin liquids are allowed – ice cream, sherbet, Italian fruit ice, popsicle, gelatin