PURPOSE: To ensure staff familiarity with diet consistencies and support proper and safe eating habits for our patient population.

SCOPE: All Clinical Staff

PROCEDURE:

The following diet consistencies are available at Connecticut Valley Hospital (CVH):

- **Regular**: All Textures Allowed
- **Tender**: Comparable to National Dysphagia Diet Level 3 (NDD 3)
- **Chopped**: Comparable to National Dysphagia Diet Level 2 (NDD 2)
- **Ground**: Comparable to National Dysphagia Diet Level 2 (NDD 2)
- **Puree**: Comparable to National Dysphagia Diet Level 1 (NDD 1)

*LIQUID CONSISTENCIES*: Are ordered separately from the meal plan

- **Thin**: No additives, includes all liquids and is considered non-restrictive. Foods that are considered liquids are jell-O, ice cream, broth and popsicles.

- **Nectar Thick**: Tomato juice-like consistency, liquids may need thickener to reach this level.

- **Honey Thick**: Liquids will require thickener to reach this consistency. Liquids can still be poured, but are very slow.

- **Pudding Thick**: When thickened to pudding consistency, liquids will require a spoon for intake
<table>
<thead>
<tr>
<th>Diet Type</th>
<th>Foods Allowed</th>
<th>Foods Not Allowed</th>
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</thead>
<tbody>
<tr>
<td><strong>Regular</strong></td>
<td><strong>All Textures Allowed</strong></td>
<td><strong>N/A</strong></td>
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<tr>
<td><strong>Tender</strong></td>
<td>Tender or chopped meats, poultry w/gravy, Tuna/chicken salad, Broiled/baked fish, Tender cooked veggies, Moist bread dressing, Canned fruit, bananas, Moist cookies, Moist muffins, Hot/cold cereals, Eggs, Well moistened waffles, pancakes</td>
<td>Tough meats, including Roast beef, Pork chops, Corn or Clam Chowder, Coarse, Dry cereal such as shredded wheat, Bagels, hard rolls, crusty bread, Dry bread, toast or crackers, Dry bread dressing, Pizza, Salads, Cooked Corn, Non-tender cooked vegetables, Crispy potatoes, Popcorn, Crackers, hard cookies, Hard candy, Chunky peanut butter, Dried Fruit, Hard Fresh Fruit, Raw vegetables, Nuts, seeds, coconut</td>
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<tr>
<td>Comparable to National Dysphagia Diet Level 3 (NDD 3)</td>
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<tr>
<td><strong>Chopped</strong></td>
<td>Soups with less than 1/2&quot; pieces of easy to chew meats and vegetables, Moist ground or finely chopped meats, fish and poultry (1/4 &quot; pieces), Scrambled eggs, Protein salad without large chunks, celery or onion, Well cooked, moistened potatoes, Well cooked, diced vegetables (cut to1/2&quot;), Well cooked moistened, slightly mashed legumes, Canned fruit, Moist, well cooked, pasta w/ sauce, Cooked cereal, Moistened dry cereal, Unprocessed bran stirred into cereal, Pureed bread products, Pureed pancakes or waffles</td>
<td>Other soups, Whole meats, dry or tough meats, Cheese slices or cubes, Peanut butter, Hard cooked or crisp fried eggs, Pizza, Sandwiches, Salad, Raw fruits and vegetables, Corn, peas, Tough, fibrous vegetables, French fried or crispy potatoes, All other breads, Coarse cooked or dry cereals, Rice, Pineapple or dried fruit, Seeds and nuts, coconut, Hard candy, Dry cakes and cookies, Chips, pretzels, popcorn, Crackers, Pancakes</td>
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<tr>
<td>Comparable to National Dysphagia Diet Level 2 (NDD 2)</td>
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<td>Diet Type</td>
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<td>Foods Not Allowed</td>
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</tr>
<tr>
<td><strong>Regular</strong></td>
<td><strong>All Textures Allowed</strong></td>
<td><strong>N/A</strong></td>
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</table>
| **Ground** | - Blended Soups  
- Moist ground meats, fish and poultry  
- Scrambled eggs  
- Protein salad without large chunks, celery or onion  
- Moist, well cooked, pastina or pureed pasta w/ sauce  
- Well cooked, moistened potatoes  
- Pureed rice  
- Well cooked, ground vegetables  
- Well cooked moistened, slightly mashed legumes  
- Blended canned fruit or bananas  
- Pureed bread products  
- Cooked cereal  
- Unprocessed bran stirred into cereal  
- Pureed pancakes and waffles | - Other soups  
- Whole meats, dry or tough meats  
- Cheese slices or cubes  
- Peanut butter  
- Hard cooked or crispy fried eggs  
- Pizza  
- Sandwiches  
- Salad  
- Raw fruits and veggies  
- Corn, peas  
- Tough, fibrous vegetables  
- French fried or crispy potatoes  
- All other breads  
- Coarse cooked or dry cereals  
- Rice  
- Whole pasta  
- Pineapple or dried fruit  
- Seeds and nuts, coconut  
- Hard candy  
- Dry cakes and cookies  
- Chips, pretzels, popcorn  
- Crackers  
- Pancakes  
- Whole bananas |
| **Pureed** | - Pureed Soups  
- Pureed meats, fish or poultry  
- Soufflés that are smooth and homogeneous  
- Pureed eggs  
- Moist, pureed potatoes  
- Well cooked pasta, noodles, bread dressing, or rice that have been pureed in a blender to smooth, homogeneous consistency  
- Pureed vegetables without chunks, lumps pulp or seeds  
- Tomato sauce without seeds  
- Tomato or vegetable juice  
- Pureed fruits or well mashed bananas  
- Fruit juices without pulp, seeds or chunks  
- Commercially or facility prepared pureed bread products | - Soups that have chunks or lumps  
- Whole or ground meats, fish or poultry  
- Non-pureed legumes  
- Cheese, cottage cheese  
- Peanut butter  
- Non pureed eggs  
- All other potatoes, rice, noodles  
- Plain mashed potatoes, cooked grains  
- Non-pureed bread dressing  
- All other non-pureed vegetables  
- Tomato sauce with seeds  
- Whole fruits - fresh, frozen, dried or canned  
- All other breads products  
- All dry cereals and cooked cereals with lumps, seeds, chunks |
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<tbody>
<tr>
<td><strong>Regular</strong></td>
<td><strong>All Textures Allowed</strong></td>
<td><strong>N/A</strong></td>
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<tr>
<td><strong>Pureed</strong></td>
<td>Smooth homogeneous, cooked cereals</td>
<td>Oatmeal</td>
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<td>such as farina-type cereals</td>
<td>Any beverages with lumps, seeds, pulp</td>
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<td></td>
<td>with pudding-like consistency</td>
<td>fruited yogurt</td>
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<td>Smooth, homogeneous beverages,</td>
<td>Ices, gelatins, frozen juice bars,</td>
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<td>without chunk or pulp</td>
<td>Cookies, cakes, pies, pastry,</td>
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<td>Smooth puddings, custards, yogurt</td>
<td>coarse textured puddings, rice or</td>
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<td>Butter, margarine, strained gravy,</td>
<td>bread pudding</td>
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<td>sour cream, mayonnaise, cream cheese,</td>
<td>Coarsely ground pepper or herbs</td>
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<td>whipped topping</td>
<td>Chunky fruit preserves or seedy jams</td>
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<td>Smooth sauces</td>
<td>Seed, nut, sticky foods</td>
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<tr>
<td></td>
<td>Pureed desserts and soufflés</td>
<td>Chewy candies</td>
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<tr>
<td></td>
<td>Sugar</td>
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<td>Artificial sweetener, Salt, finely</td>
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<td>ground pepper</td>
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