

## DIETS AND DIET MODIFICATION LIST

### I. LIQUIDS

#### a. **Thick Liquids**

**Pudding:** Liquids that have been thickened to a pudding consistency. They remain on the spoon in a soft mass.

**Honey:** Liquids that have been thickened to honey consistency. The liquid flows off a spoon in a ribbon, just like actual honey.

**Nectar:** Liquids that have been thickened to a consistency that coats and drips off a spoon, similar to unset gelatin.

Examples include: Tomato soup, strained thick cream soups, eggnog, buttermilk, V-8 juice, tomato juice, nectar juice, milkshake, ice cream.

#### b. **Thin Liquids**

Fruit juices, soda, tea, coffee, lemonade, broth, ices/slurpies, water, milk, jello, popsicles

#### c. **Full Liquids**

All of the above

### II SOLIDS

a. Pureed diet

b. Ground diet

c. Chopped diet

d. Soft diet

II SOLIDS

- a. **Pureed Diet:** All consistencies are pureed so that they are thick and smooth. No chewing is required.


FOOD GROUP	FOOD ALLOWED	FOOD NOT ALLOWED
Egg:	Pureed scrambled or boiled egg	Boiled, fried, omelet
Meat and Substitute:	Pureed beef, chicken, turkey, lamb, liver, veal, fish	All others
Cheese:	Pureed cottage cheese	All others
Starch:	Mashed sweet potatoes	All bread; fried chips; crackers; popcorn
Cereal:	Cream of wheat; pureed oatmeal	Coarse or whole grain cooked cereal; all dry cereal
Vegetables:	All pureed vegetables	All other cooked vegetables; all raw vegetables
Fruit:	Pureed fruits; applesauce; pureed fresh bananas	All others
Dessert:	Pudding; custard; plain yogurt without nuts or fruit	All others, all desserts with nuts, fruit pieces, or coconut
Condiments and Spices:	Margarine; mayonnaise; catsup; mustard; salt; sugar; vegetable oil; sour cream; pepper	All others, such as spicy salad dressings, spicy sauces, such as chili sauce, horseradish sauce; garlic; pickles; Tabasco and barbecue sauce

II SOLIDS

b. **Ground Diet:** Food is ground to the size shown here . Minimal chewing is required.

FOOD GROUP	FOOD ALLOWED	FOOD NOT ALLOWED
Egg:	Soft scrambled; soft boiled; soft poached	Fried, omelet
Meat and Substitute:	Ground meats (beef, chicken, lamb, turkey, liver, veal) baked fish. Gravy on all meats.	All others including peanut butter
Cheese:	Cottage cheese; cream cheese; smooth cheese sauce	All others
Starch:	Mashed potatoes with gravy; mashed sweet potatoes; baked potatoes without skins; ground soft pasta; pancakes soaked in syrup	All bread; rice; fried chips; popcorn
Cereal:	Cooked cereals	All dry cereal
Vegetables:	All canned/cooked vegetables which have been ground to the size illustrated above	All raw vegetables; all fried vegetables
Fruit:	All canned/cooked fruits without seeds or skins – which have been ground to the size illustrated above. Applesauce; mashed fresh bananas	All others including berries and dried fruits
Dessert:	Pudding; custard; yogurt; soft cake; cream pie with soft graham cracker crust	All desserts with nuts, fruit pieces, coconut, or raisins; doughnuts; pastries; candy; fruit preserved
Condiments and Spices:	Margarine; mayonnaise; catsup; mustard; salt; sugar; vegetable oil; sour cream; pepper	All others, such as spicy salad dressings, spicy sauces, such as chili sauce, horseradish sauce; garlic; pickles; Tabasco and barbecue sauce

II SOLIDS

c. **Chopped Diet:** Food is prepared in small bite size pieces such as is illustrated here  .

Chewing should be easy and food should be tender.

FOOD GROUP	FOOD ALLOWED	FOOD NOT ALLOWED
Egg:	Soft scrambled; soft boiled; soft poached	Fried; omelet
Meat and Substitute:	Chopped meats (beef; chicken; turkey; veal; lamb; liver); baked fish	All others including peanut butter
Cheese:	Cottage cheese; cream cheese; smooth cheese sauce	All others
Starch:	Mashed potatoes; mashed sweet potatoes; baked potatoes without skins; chopped soft noodles; pancakes soaked in syrup	All bread; rice; fried chips; popcorn
Cereal:	Cooked cereals; dry cereals which become soft after soaking in milk such as corn flakes. (Dry cereal with milk should <u>not</u> be given to someone who requires thickened liquids.)	All puffed cereals; granola; grape nuts; cereals with raisins, nuts, coconut, fruit pieces
Vegetables:	All canned/cooked vegetables which have been chopped to the size illustrated above	All raw vegetables; all fried vegetables
Fruit:	Cooked or canned fruits without seeds or skins; applesauce; fresh bananas	All others including berries and dried fruits
Dessert:	Pudding; custard; yogurt; soft cake; cream pie with soft graham cracker crust; blueberry muffin	All desserts with nuts or coconut, berries, raisins, fruit chunks; doughnuts; pastries; candy; fruit preserves
Condiments and Spices:	Margarine; mayonnaise; catsup; mustard; salt; sugar; vegetable oil; sour cream; pepper; barbecue sauce	All others, such as spicy salad dressings, spicy sauces, such as chili sauce, horseradish sauce; garlic; pickles; and Tabasco

II SOLIDS

d. **Soft Diet:** All foods should be tender and soft. Foods may be whole if allowed.

FOOD GROUP	FOOD ALLOWED	FOOD NOT ALLOWED
Egg:	Scrambled; poached; boiled; fried; plain omelet	None
Meat and Substitute:	Baked fish, seafood, chicken, turkey, beef without tough connective tissue such as: hamburger patty, meat loaf, meatballs, beef tips, casseroles; sandwich with meat salads (i.e. tuna or chick without nuts or vegetable pieces); sausage patties	Tough meats such as steak, roast, pork chop, fajitas, bacon, sausage links, fried meat, highly seasoned meat, pizza, taco, hot dog, peanut butter
Cheese:	All cheese products	None
Starch:	White or refined wheat bread; potato and potato substitutes; banana bread; rice; pasta; muffin or coffeecake without nuts or fruit pieces; pancake; French toast; tortilla; pita	Fried chips; potato skins; bagels; English muffins; melba toast; cornbread; breadsticks; whole grain, cracked, or bran bread; breads with seeds, nuts, raisins, or berries; highly seasoned crackers; popcorn
Cereal:	Cooked cereals; puffed or flaked cereals	Grape nuts; wheat germ; granola; any cereal with raisins, nuts, coconut, or fruit pieces granola
Vegetables:	All canned/cooked vegetables. The following vegetables must be chopped: cauliflower, broccoli, Brussels sprouts, rutabagas, sauerkraut, spinach, cabbage. May also have sliced tomatoes, peeled cucumbers, yellow squash, or zucchini	All other raw vegetables; all fried vegetables
Fruit:	Cooked/canned fruits without seeds or skins; fresh bananas; ripe melons; baked apple without skins; orange/grapefruit sections without seeds or membranes	All others including berries, grapes, and dried fruits
Dessert:	All except those listed to the right.	Cakes, pies or cookies with nuts, coconut, berries, raisins, or fruit chunks; candy; fruit preserves
Condiments and Spices:	Margarine; mayonnaise; catsup; mustard; salt; sugar; vegetable oil; sour cream; pepper	All others, such as spicy salad dressings, spicy sauces, such as chili sauce, horseradish sauce; garlic; pickles; Tabasco and barbecue sauce