



Consultants in Dysphagia Evaluation and Management
817-514-MBS1 or 1-888-514-MBS1
www.dysphagiadiagnostex.com

DYSPHAGIA DIETS Educational Handout

During your visit with DiagnosTEX you were possibly recommended a modified diet due to dysphagia. This educational sheet may help you understand the various consistencies that were recommended to help you prepare your meals and beverages correctly.

Not all consistencies are safe on a dysphagia diet, please clarify with the treating SLP for recommended consistencies

Let us begin with the Regular Diet: This is food as we know it

Regular Diet: All foods are acceptable. Foods may be hard and crunchy, tough, crispy and may contain seeds, skins and husks. Mixed textures are no problem. (Internationally known as “7”)

Dysphagia Advanced Soft Diet: Foods of “nearly regular” textures with the exception of very hard, sticky or crunchy foods. This texture requires chewing and tongue control. Foods should be tender and easy to break into pieces with a fork. (Internationally known as “Soft” or “6”)

Dysphagia Mechanical Soft Diet: Foods with a moist, soft texture. Meats need to be chopped or ground. Vegetables need to be well cooked and easily chewed. Foods should be in small pieces (1/4” or 5mm). No hard, chewy, fibrous, crisp or crumbly bits. No husk, seed, skins, gristle or crusts. No leafy textures such as lettuce and raw spinach. No foods where the juice separates from the solid upon chewing, like pineapple. (Internationally known as “Minced and moist” or “5”)

Dysphagia Pureed: All food should be pureed to a cohesive, smooth texture. Foods should be “pudding-like” for thick puree or “applesauce-like” for thin puree. The fork should make a clear pattern when drawn across the surface of the puree. (Internationally known as “Extremely thick” or “4”)

Thin Liquid Consistency



Thin liquids examples

Broth
Coffee
Eggnog
Fruit juices
Hot chocolate
Ice cream, including milk shakes
Italian ice
Jell-O
Milk
Nutritional Supplements (i.e. Ensure Plus etc) (Swigert, N., 1996)
Popsicles
Sherbet
Sodas
Tea
Thin gravy or cheese sauce
Vegetable juices
Water
Ice – you do not swallow ice whole; it melts in your mouth first, making it a thin liquid

Be very aware - The average normal oral temperature is 98.6°F, many items can and will LIQUIFY IN THE MOUTH WITHIN A FEW SECONDS becoming a thin liquid.

Fruits and Vegetables that are high in high water content

Any citrus fruits
Melons
Pineapple
Peaches
Plums
Tomatoes
Carrots
Greens
Squash
Zucchini

All Dysphagia patients not able to tolerate thin liquids should be assigned a liquid level.
ANY liquid can be thickened to an appropriate level.

The following is **Alternative Ways to Thicken Liquids** without gel or powder

Nectar Thickness examples

- Buttermilk
- Nectar Juices
- 1 can of ensure and 1 container of ice cream (*Ensure by itself is a thin liquid (Swigert, 1994), and a scoop of ice cream by itself, that you would eat by a spoon, is a thin liquid. If you take the two of them and mix/whip them together, you create a different consistency, kind of like a soft serve, as long as it stays cold. Try it and see. If the mixture does warm up, the ice cream will thin out, so you can always add some powder thickener to keep it thickened as it warms.*)
- 1 juice and 1 jar of strained fruit

Honey Thickness

- 1-4oz juice or nectar and 2 jars of strained fruit
- ½ carton milk and 2 containers of ice cream or sherbet (maintain proper temperature, add thickener if necessary)
- 1 container of ensure with 2 containers of ice cream (maintain proper temperature, add thickener if necessary)
- V8 juice mixed with 1 jar strained vegetable

Pudding Thickness

- 2oz juice and 2 jars strained fruit
- Pudding
- ¼ carton milk mixed with 2 containers ice cream/sherbet (maintain proper temperature, add thickener if necessary)

To thicken foods

- Soup – crush crackers and let soak until soup thickens
- Dry cereal – use ¼ container milk and let set until cereal is thick
- Hot cereal – check to be sure the cereal is thick enough; you can add milk to thin it down to an appropriate level of thickness required.

Other

- Strained fruits should be ordered on the patient's menu tray with their liquid selection

*****Nutritional Supplements ARE NOT Thickened liquids. (Swigert, 1996)

Efficacy of Thickened Liquids as a Treatment for Dysphagia

Thickening agents are vital for the medical management of people with dysphagia who are often medically fragile and at risk of aspiration, dehydration and malnutrition. Two independent systematic reviews of the literature concluded that thickening liquids is efficacious in the treatment of dysphagia. Both studies found that increasing bolus viscosity results in increased swallowing safety. Steele, et al.,¹⁶ found that there is a therapeutic limit to thickness after which residue is more likely to occur. Newman, et al.,¹⁷ and Steele, et al.,¹⁸ determined that increased oral or pharyngeal residue may increase post-swallow airway invasion. The development of thickening agents specifically for the treatment of dysphagia has advanced over the years. The optimal thickness level is person-specific and prescribed after considered clinical evaluation. Not one type of thickening agent is best for all situations

Commercial Thickeners Facts:

Not one thickener ranks superior to the other. Things to keep in mind at all times:

1. Remove ice chips from liquid before mixing thickeners. Melted ice will change the consistency of the liquid
2. As temperature increases, thickness decreases (Bourne, 1982)
3. Fluids with increased acidity tend to thicken faster and thicker
4. Be careful of the Thixotropic factor (Bourne, 1982) It is difficult to obtain consistent viscosity. Adding more may cause it to become too thick. Liquid reverts back to thinner consistency after a length of time.

Once a starch based thickened liquid reaches the digestive system the liquid will be released, keeping the individual hydrated no matter the thickness of the liquid. Dehydration occurs to reduce PO intake of the thickened liquid not the thickener itself.

Commercially Available Thickened Liquids and Thickening Agents

Brand	Website
Resource ThickenUp	www.thickenupclear.com/
Thick –It	800-333-0003 www.ThickIt.com
Thick and Easy	www.hpormellHealthLabs.com www.vitalitymedical.com/
Nutra Balance	www.alimed.com
Magic Cups	www.Hoemell-HealthLabs.com
Simply Thick	800 -205 -7115 www.simplythick.com
Nutlis	800-365-7354 www.specilaizedadultnutrition.com
Gelmix Thickener	www.gelmix.com

Any pharmacy can special order brands of thickener

Easy Mixer – 1-800-225-1610

Puree Diet

The term pureed food refers to a texture-modified diet that consists of snacks and meals that don't have to be chewed. These items are mildly thick by nature.

<u>Food Group</u>	<u>Foods allowed</u>	<u>Avoid</u>
Beverages	all thin liquids thickened as approp.	all others
Cereals	refined cooked cereal, oatmeal, and puree pancake	regular bread All others
Desserts	Pudding, smooth yogurt, custard,	with nuts, Coconut
Eggs	Custard, soft scrambled cooked with liquids	regular eggs
Fats	Margarine, non dairy creamer	all others
Fruits and Juices	Puree fruit, applesauce, nectars	whole fruits All others
Milk	Milk shake, thickened milk	all others
Potatoes or Subst.	Mashed white potatoes with gravy	all others
Soups	strained cream soups	all others
Sugar and sweets	sugar, syrup	all others
Misc	flavoring and spices	

The puree diet is recommended as an alternative for those unable to tolerate regular or mechanical soft foods. A puree diet is generally a cohesive mashed potato or pudding like consistency. A food processor is generally used to achieve this smooth, easier to swallow consistency. This type of diet poses a real challenge to make it appear and taste like the real food in its solid consistency. We also have to keep in mind adequate calories, protein and fluids to maintain good health and healing. Preparing a pureed meal doesn't require a lot of extra tools, but it takes time to break everything down in the blender or food processor. If you work full-time in addition to caring for a loved-one, you can save a lot of time and energy by buying pre-pureed foods. If you enjoy making meals yourself, set aside a few hours each week for meal prep.

Make it Jazzy!

1. Serve on China or colorful plates
2. Contrast colors of foods
3. Garnish for visual appeal and taste
4. Gravies and sauces
5. Use pastry bags for appearance and contrasting colors
6. Shape and mold food to close to normal shape as possible

Puree PIZAZZ!

1. Quality - freshness
2. **Flavor, Flavor! This is the biggest secret to the art of puree-** garnishes, sauces, syrups, etc.
3. Nutritious
 - a. Add calories with mild, half & half, margarine, butter, gravies, jellies, syrups, powdered milk or any other calorie and protein enhancers.
4. Appropriate recommended texture – as recommended to on MBSS
5. Appearance
 - a. Use a spatula to flatten puree meat to look like a patty or pipe for sausage
 - b. Utilize smaller scoops to look more like meatballs
 - c. Use sauces and gravies to garnish
 - d. Sprinkle fruits and desserts with colored gelatin powder, cinnamon/sugar or use a whipped cream topping.
 - e. Use a slurry mixture to prepare bread products so it will look like the regular product. Top with margarine or jellies
 - f. Layer puree pasta with puree meat to give a more lasagna- like appearance
 - g. Use pastry bags to create special effects such as mixing colored vegetables and piping them onto the plate
 - h. Vary shapes using molds, soufflés, mousse and gelled bread products.
 - i. Garnish vegetables with cheese sauce or powder, butter, or margarine

Garnishes to add color, and FLAVOR

1. Paprika
2. Whipped cream
3. Cinnamon sugar mixture
4. Jelly
5. Honey
6. Maple syrup
7. Parmesan cheese
8. Hollandaise sauce
9. Chocolate syrup
10. Butterscotch syrup
11. Carmel syrup
12. Brown sugar
13. Bar BQ sauce
14. Cranberry sauce can be piped through a pastry bag to use as a garnish
15. Fruit sauces or salad dressings
16. Gravy, catsup, mustard, mayonnaise, and/or cheese sauce

Improving Dietary Intake – Increase protein, vitamins and minerals to puree

1. Mash vegetables and potatoes with milk, cream, cream cheese, yogurt or cheese whiz. Avoid grated cheese
2. Oatmeal is very nutritious breakfast, make with milk rather than water and add, honey, stevia or even flavored protein powder
3. Prepare instant soups or gravies with milk instead of water
4. Add cheese and cream to omelets or scrambled eggs
5. Make instant coffee, hot chocolate or tea with milk and enrich with a spoonful of cream. Add thickener as required.
6. Make milkshakes with ice cream, yogurt, fresh fruit, protein powder. Make sure there are no bits or lumps as per your recommended diet texture. Add thickener as required.

Make sure you use whole milk, almond milk, coconut milk or milk powder for drinking and cooking.

Commercially Available Pre-Prepared Pureed Foods and Meals

Brand	Website
Moms Meals Norish Care	www.purfood.com
Savorease	www.savorwase.com
Gourmet Pureed	www.Guourmetpureed.com
Thick-It Puree foods	www.carewell.com
Thick N Easy Purees Also Menu Magic	www.homelhealthlabs.com

Basic Tools for Dysphagia Diets

Useful equipment for preparation of food

7. Sieve/strainer – useful in removing lumps from sauces, gravies, soups or puree foods
8. Whisks and blenders – mincing ingredients and/or thickeners into sauces, soups, gravies.
9. Food processors or blenders – blending foods to a smooth thick texture
10. Graters – shredding
11. Molds – very helpful in improving presentation of puree foods
12. Pill crusher
13. Glossectomy Spoon

Sources for home food processors

1. Gourmet Kitchen – 800-304-2922, www.gourmetkitchenstore.com
2. www.cooking.com – Black & Decker, Cuisinart, Kitchen Aid, Krups
3. Goodman's – 888-333-4660, www.goodmans.net
4. Robot Coupe – 800-543-7549

Sources for professional food processors

1. Robot Coupe – 800-366-9709, www.robotcoupe.net/Qstore
2. Vita Mix – 800-437-4654, www.vitamix.com
3. Waring – 800-492-7464, www.waringproducts.com

Recipe for Preparation of Gelatin Slurry

This is used for foods hard to puree

1 ½ Tbsp of unflavored gelatin

6 Tbsp of cold water

6 Tbsp of hot water (preferably boiling)

It is extremely important for the slurry to completely soak the food item and for the slurry to completely gel before serving.

Directions:

1. Line cookie sheet with parchment paper
2. Lay food items to be slurried onto cookie sheet ½ inch apart
3. Measure dry unflavored gelatin into appropriate size liquid measuring cup or mixing bowl
4. Add cold water. Stir to mix well with spoon
5. Add hot water. Whip the wire whisk to mix well
6. Use immediately to slurry and pre gel bread or other starchy foods such as those listed below. Foods must be free of any solid food particles such as nuts, seed, coconut, fruit etc.
7. Use enough slurry to completely soak the food item. Pour slurry in one side of the food with a spoon and lightly spread on top of food to encourage slurry to absorb into the food. Turn the food item over and slurry the other side in the same manner
8. Let stand for 15 minutes
9. Place in refrigerator to gel (30-60 min)

Tip: ¼ cup needed for 1 slice of bread.

Food that can be slurried:

1. Cake and sugar doughnuts
2. Muffins
3. Biscuit
4. Cake like brownies
5. Bagel
6. Cake or cupcakes
7. Cornbread
8. Cookies
9. Danishes
10. French toast
11. Pancakes
12. Waffles.

Dysphagia during the Holidays with Puree



If you really think about it, our lives revolve around food and eating. We do business over lunch, romance over dinner, celebrate with food, and eating together solidifies families. We know PO feeding becomes important on many levels to many of patients around the holidays. Modified diets are often not popular during the season that we gather around food with family and friends. Over fifteen million people suffer from Dysphagia in the United States alone and dysphagia does not respect the holidays. Many may be surprised to learn that many of their favorite foods can be apart of their modified diet. Most soft foods are naturally the preferred choice for a dysphagia diet, but with some simple preparation many foods can be pureed to a consistency that is safe.

There are also many foods that can be used in their regular form and consumed without modification or added thickeners. Consider the following:

Cereals

- Grits(creamy)
- Cream of Wheat or Rice

Dairy

- Yogurt (Custard Style)
- Whipped Topping
- Pudding of any flavor
- Thick milkshakes (add thickener to maintain thickness as it melts)

Fruits

- Mashed bananas
- Canned Pumpkin
- Applesauce
- Smooth canned pie filling (no chunks of fruit)

Vegetables

- Cooked and mashed squash
- Mashed white or sweet potatoes
- Refried beans

Soups

- Smooth, cream soups – i.e. Tomato, cheese, creamy potato (should be thickened to appropriate consistency for your liquid recommendation)

Condiments

- Mayonnaise
- Sour Cream
- Taco sauce
- BBQ Sauce

- Honey thick syrups
- Molasses
- Ketchup
- Mustard
- Hollandaise and other cream based sauces (i.e. – cheese, white, smooth tomato)



Easy to Puree Foods

- Quiche
- Various cooked meats
- Various cooked vegetables
- Meat or egg salads used for sandwich filling (i.e. chicken, egg, ham, tuna)
- Prepared casseroles (i.e. macaroni & cheese, goulash, canned spaghetti, or any soft casserole)
- Creamed corn, spinach, peas
- Soups or stews with soft vegetables or meat
- Prepared burritos
- Soft pasta salads
- Canned tamales
- Bakes beans
- Potpie fillings
- Baked Apples
- Poached pears
- Chunky pie fillings (apple, cherry, strawberry, blueberry)
- Soft cookies, brownies, moist cakes (without nuts, coconut, or baking chips)
- Bread Puddings
- Soft Pies
- Fresh, frozen or canned Fruit



Liquids

Egg Nog - some very close to nectar, but thickener can be added to ensure this, without changing consistency much. Adding alcohol will thin the consistency.

Warm Apple Cider - this is a thin liquid

Most Popular Food Items for the Holidays

Make sure they fit into the recommended dysphagia diet



Slices - Solid
Legs - Solid
Fried – Solid



Sliced – Solid
Chopped – Msoft
Ham Salad – Msoft



With whole or chopped berries - Msoft
Without whole berries – Puree



With nuts – Msoft to solid depending on type of nuts
Without nuts – Thick puree, esp with gravy





With Crust - Msoft
Without crust – Puree

Apple Pie  – Msoft any way you look at it

Pecan Pie  – Msoft to solid depending on how the pecans were cooked

Mashed Potatoes  – Puree

Sweet Potatoes  - Puree
With Marshmallows – consider oral motor, this is thick and sticky

Egg Nog  Some very close to nectar, but thickener can be added to ensure this, without changing consistency much.

Apple Cider  - thin liquid

Bread  Rolls – Soft regular

Mechanical Soft

Food at this stage is much closer to normal, but should still be moist and bite-size. It also excludes foods that are very hard, sticky, crunchy or overly dry.

<u>Food Group</u>	<u>Food Allowed</u>	<u>Avoid</u>
Breads and Cereal	Ready to eat cereal	Rye, toast, hard Rolls, seeds, crackers, melba toast, waffles coconut
Desserts	pudding, cakes	Hard cookies, Dates, seeds, Raisins
Meat	ground, baked fish, tuna chopped	fired, bacon, Meat with bones
Potatoes	Mashed, baked, noodles	fried, corn chip Wild rice
Vegetables	all cooked	raw, stringy Fried, dried
Fruit	canned fruit, banana	cherries, Fruit with pits & Coarse skin, Raisins
Fats	margarine	Nuts, olives
Misc		popcorn, pickles Gum, peppers, Seed spices, Taco, full size

BE AWARE of these Textures:

Mixed Consistencies: Fruit Cocktail, vegetables not drained i.e. green beans/peas/corn, chunky soups, chili, cereal with milk, stew, congealed salads, stewed tomatoes, fruits in juice or salad.

By definition, mixed consistencies include both solids and liquids and are more challenging to swallow because the person must have adequate abilities to handle both solid and the liquid component of these items, which requires more swallowing coordination abilities.

Sticky Consistencies: Bananas, Jelly, Mashed potatoes WITHOUT gravy, Oatmeal, Peanut Butter, Pie Filling, White Bread. *This texture requires adequate lingual retraction and lingual strength as well as coordination and control. These consistencies tend to stick to area of the oral cavity including the teeth and palate, which may be difficult for those with oral dysphagia to clear.*

Non-Cohesive consistencies: Corn bread, hard boiled eggs, lettuce, noodles/pasta, rice, scrambled eggs, tomatoes, plain ground meats without gravy, corn, biscuits, cereal with milk, green beans, fruit cocktail, citrus fruit, salads. Saltine crackers.. *These foods tend to fall apart in the mouth and require the ability to maintain bolus cohesion during the oral phase. These items may separate and spill into the pharynx during oral prep.*

Various levels of texture options for meats

- **Puree** - smooth, mashed potato-like consistency
- **Minced** – very small pieces of 1/8 inch. The flecks of food are smaller than sesame seed.
- **Ground** – diced into ¼ inch pieces. These pieces of food are similar in size to rice.
 - With gravy increases moistness and cohesion
- **Chopped** – ½ inch pieces. These pieces of food are similar in size to uncooked elbow macaroni or small bread cubes/small croutons.
- **Soft Regular** – soft, moist, regular textured foods. These foods are baked and moist, like fish, poultry, etc.

This diet level includes food that is nearly normal excluding very hard, sticky, or crunchy foods. Foods should not be overly dry and should still be moist and bite sized. Foods to avoid include dry bread, toast, crackers, coarse cereal like shredded wheat, foods with nuts, seeds, fruits that are difficult to chew such as apples, tough dry meats, and chunky peanut butter.)
- **Regular solid** – no restrictions, fried and crispy included.

High Risk Food Textures

Some foods can be particularly difficult to swallow safely with dysphagia.

Types of food that may be difficult to eat:

1. Stringy, fibrous textures – e.g., pineapple, celery, lettuce
2. Vegetable and fruit skins – e.g. black beans, baked beans, corn, peas, grapes
3. Mixed consistencies foods – e.g., soup with chunks or lumps (chicken noodle soup, clam chowder etc), cereals that do not blend with mild, fruit cocktail
4. Crunchy foods – e.g., toast, flaky pastry, chips, popcorn
5. Crumbly items –e.g. pie crust, dry biscuits, cornbread, rice, seeds
6. Hard foods - e.g., nuts, hard granola bars,
7. Chewy foods –e.g. toffees, gummy candies, licorice,
8. Sticky foods – e.g., peanut butter, whole bread
9. Avoid ice cream, popsicles, jelly or Jell-O unless advised by your dysphagia therapist.

Dysphagia diet commonly asked questions:

I have diabetes will drinking thickened liquids make my blood sugar elevate?

Most all thickeners are safe for diabetic use, generally the drink itself will have more impact of blood sugar levels. Thickeners add very few calories and/or carbohydrates.

If I can only drink thickened liquids, won't I still be thirsty?

Many people say they do not feel as satisfied or quenched with thickened liquids, so you may need to simply drink more thickened liquid, as the thirst is a mechanism that your body uses when you are dehydrated. If you are not dehydrated the less thirsty you may feel.

If I can only drink thickened liquids, won't I get dehydrated?

Thickened liquids provide the same amount of hydration as regular liquids, as they do not bind the fluid it is mixed with. Powder thickeners begin to breakdown in the mouth, and gels and liquids breakdown in the colon but still free up liquid for reabsorption by the body.

Tips to manage dry mouth:

1. Always take fluids with meals and throughout the day (thickened to correct consistency and nonalcoholic)
2. Avoid alcohols and caffeinated drinks – most all dark colored liquids are caffeinated
3. Avoid smoking of any kind
4. Stimulate saliva by chewing sugar free gum, sucking sugar free citrus flavor lollypop (clear with treating dysphagia specialist prior to this)
5. Avoid spicy, dry, food
6. Minimize salt intake, as this could irritate a dry mouth
7. Moisten foods with gravies, sauces, oil, butter, dressings
8. Eat creamy foods and soups
9. Brush teeth regularly – this will also help with taste
10. Use alcohol free mouthwash
11. Use humidifier in your home, esp. the bedroom at night.

Do I need a prescription for thickener?

No, you do not need a prescription, although your speech pathologist should provide you with a diet liquid level/consistency to follow and instructions.

Where can I buy thickeners?

There are several available on Amazon, direct websites, CVS and Walgreens.

Will insurance pay for thickeners?

Insurance will vary from state to state and provider to provider based on plan. Sometimes physician can be of assistance.

How can someone get use to thickened liquids?

Thickened liquids are not normal, but can become an acquired taste. It is best to be creative and also start with beverages that are naturally thicker. Fruit juice are more like fruit puree, and items like thickened buttermilk and milkshakes are a good start. Keeping items at preferred temperature also helps in presentation.

What is the difference between powder and liquid/gel thickeners?

Liquid thickeners are easier to mix, but may be a little more costly. Use whichever product works well for your situation and easily available to you.

Can you thicken alcoholic beverages or soda pop?

Yes, you can but carbonation will be lost with starch-based thickeners. Zanthum gum-based thickeners can retain some carbonation. Thickeners can foam up or expand, so be sure to start with a larger glass and easy of preparation.

Can beverage be thickened in bulk in Advance?

Yes, but be sure to read the manufactures instructions for proper measurement and storage.

Do thickeners cause diarrhea or constipation?

Thickeners would not be expected to cause either. Inadequate fluid intake, as well as medication and lack of physical activity may cause constipation, over a particular diet level.

Tips for managing constipation

1. Include fiber powder in drinks and prepared meals
2. Include extra fruit such as applesauce and purees bananas
3. Include fruit juices thickened to correct consistency
4. Exercise regularly to the best of your ability, even if it is walking.

Adaptive Equipment for Dysphagia

Dysphagia Cups

- Dysphagia cup – weighted base slows tremors to help self-drinking
- Sip-Tip – reduced amount of air ingested, less coughing and choking on some individuals
- Pre-Set drinking cup – preset measured cup delivers 1 tsp of liquid per sip. Holds 7 oz.
- Flexi-cut cups – cutout rims, various sizes
- Nosey Cut Out Cup – for the person that cannot use a straw or tilt head back



Provale Cup –Designed to deliver "small swallows" (specific predetermined volume of thin liquid in a normal drinking motion). Prevents over delivery and promotes safer swallowing and more independence. Use one or two easy-grip removable handles. Separate chamber inside delivers the specific volume in each mouthful without the need to suck. Plastic. Clear base. Comes apart easily and is dishwasher safe. Available in 5cc or 10cc delivery. Reliant– 800-757-75779



Wedge Cup, designed with a fully adjustable flow control that regulates the continuous output of liquids – from normal flow to greatly reduced delivery, allowing the patient to comfortably and easily drink at their own pace.



The Kapitex Dysphagia Cup is oval-shaped to allow sufficient nose clearance to empty its contents, without having to tilt the head back while you are drinking. It has been designed to meet the needs of people who have difficulty in completing a successful swallow, which can include someone who has had a stroke, head injury or neurological disability.



Kapi – Cups - These semi-flexible lightweight cups are carefully shaped to encourage safe drinking and swallowing. Kapi-Cups have a cut out on the non-drinking side so that they can be tilted without interference by the nose. This allows you to avoid tilting your head back, minimising the chance of aspiration.



Drink-Rite – Safer Hydration Delivery - The Drink-Rite system provides a controlled limited flow of fluid of 5cc or 10cc into the mouth without the drinker having to tilt their head. This is important particularly after a stroke, or for elderly users. Children with development also benefit from the special design features of Drink-Rite.



Novo Cup - Last but certainly not least is the NOVO cup from Kapitex. The NOVO Cup is ideal people whose head and neck movement is restricted and is an excellent choice for dependent patients. With the NOVO Cup you are in complete control of the flow rate of fluid by simply sucking on the spout

Straws and Dysphagia

People may not consider how complex swallowing with a straw can be and how many muscles need to be coordinated for swallowing to be safe. This handout provides education to the patient and care partners about the steps required to swallow safely with a straw. It also explains the importance of having a speech-language pathologist determine if a straw is recommended for the person's specific situation.



SafeStraw™ - Alleviate the laborious task of manually controlling fluid intake and prevent choking with the innovative SafeStraw™ drinking aid. Sold Individually. Use Thin SafeStraw (White) for thin water-like liquids. Use Thick SafeStraw (Blue) for nectar-thickened liquids only. PLEASE NOTE: SafeStraw is designed for use with thin, water-like liquids, or nectar-thickened liquids. Use with carbonated beverages, or honey-thickened will render the SafeStraw ineffective for limiting the volume of consumption.

Non-skid /Non-slip Mats/Nonskid Plates

Non-skid mats make great mealtime placemats for holding dishes in place but that is just the start. These non-skid mats are helpful for chair trays, wheel chair seats (especially for people who use their chair as a utility cart), foot rests, bed/chair side tables, or literally anywhere you don't want something to slide around.

Non-skid material can also be cut and wrapped around toothbrush handles, cups, wheelchair handles, razors, cell phones, and so on. Take a look from room to room and see what might be helpful to someone who struggles with dexterity.

STAYnEAT® Nonskid Suction Plates - Slip, tip, and flip-resistant self-feeding plates help minimize mealtime stress. Reversible two-in-one design flips from partitioned to non-partitioned by pressing the center of the plate. One side is divided with a spill guard and suction while the other side is nonskid and sloped with a side scoop wall. Sloped surface keeps foods dry, reducing soggy meals. Scoop wall helps load food onto utensils and doubles as a spill guard. Suction works on non-porous, rigid, and flat surfaces. Available in 7-1/2" or 9-1/2" diameter or as a Set (one of each size). Dishwasher safe.

Utensils

Not every food can be a 'finger food' and luckily there are many utensil options. Grip size and overall utensil weight are going to be determining factors for special utensil selection. The healthcare specialist, such as the Occupation Therapist (OT) can help with these selections.

Dysphagia Cookbooks

- **Good looking, Easy Swallowing** - By: Janet Martin and Jane Backhouse
- **Essential Puree** – By: Diane Wolfe
- **Dining with Dysphagia, A Cookbook** - By: Speech@NYU www.speech.steinhardt.nyu.edu
- **Non-chew Cookbook** – By: J. Randy Wilson
- **Easy-to-Swallow, Easy-to-Chew Cookbook** – By: Donna L. Weinhofen, Joanne Robbins, and Paula A. Sullivan
- **Dysphagia Cookbook** – By: Elaine Achilles
- **It's Tough to Swallow: Nutrition and Dining for Dysphagia** – By: Becky Dorner and Assoc.
- **Puree Food with Substance and Style** – By: J. William Richman and Maria Seppi Ferraco
- **So What If You Can't Chew! Eat Hearty! Recipes and a Guide for Healthy and Happy Eating of Soft and Puree Foods** By: Phyllis Z. Goldberg

Resource for dysphagia diets Complimentary of DiagnosTEX, LLC

References:

Bourne MC, 1982 Food Texture and Viscosity, Academic Press, New York, 325

Castellanos, V., Butler, E., Gulch, L., Burke, B., Use of Thickened liquids in Skilled Nursing Facilities, Journal of the American Dietetic association, 2004

Michael, Laura – Perfectly Safe Popsicle, dysphagiasupplies

Swigert, Nancy , Source of Dysphagia, Linguisystems, 1996

www.ASHA.org

<https://iddsi.org>

