



Balanced dysphagia diet

This project has been funded with support from the European Commission. This publication reflects the views only of the author, and the Commission cannot be held responsible for any use which may be made of the information contained therein.

INDEED: “Innovative tools for diets oriented to education and health improvement in dysphagia condition” - Project N: 2020-1-ES01-KA204-083288



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Goals of the lesson

The aim of this lesson is to provide the necessary knowledge to develop a balanced diet to ensure an adequate nutritional status of people suffering from dysphagia.



Source: designed by Canva Pro

Learning outcomes

-  To develop understanding of distribution of foodstuffs on a balanced diet in order to ensure dietary adequacy;
-  To recognize the benefits of nutrition fortification and using supplements;
-  To apply knowledge and create a menu template;



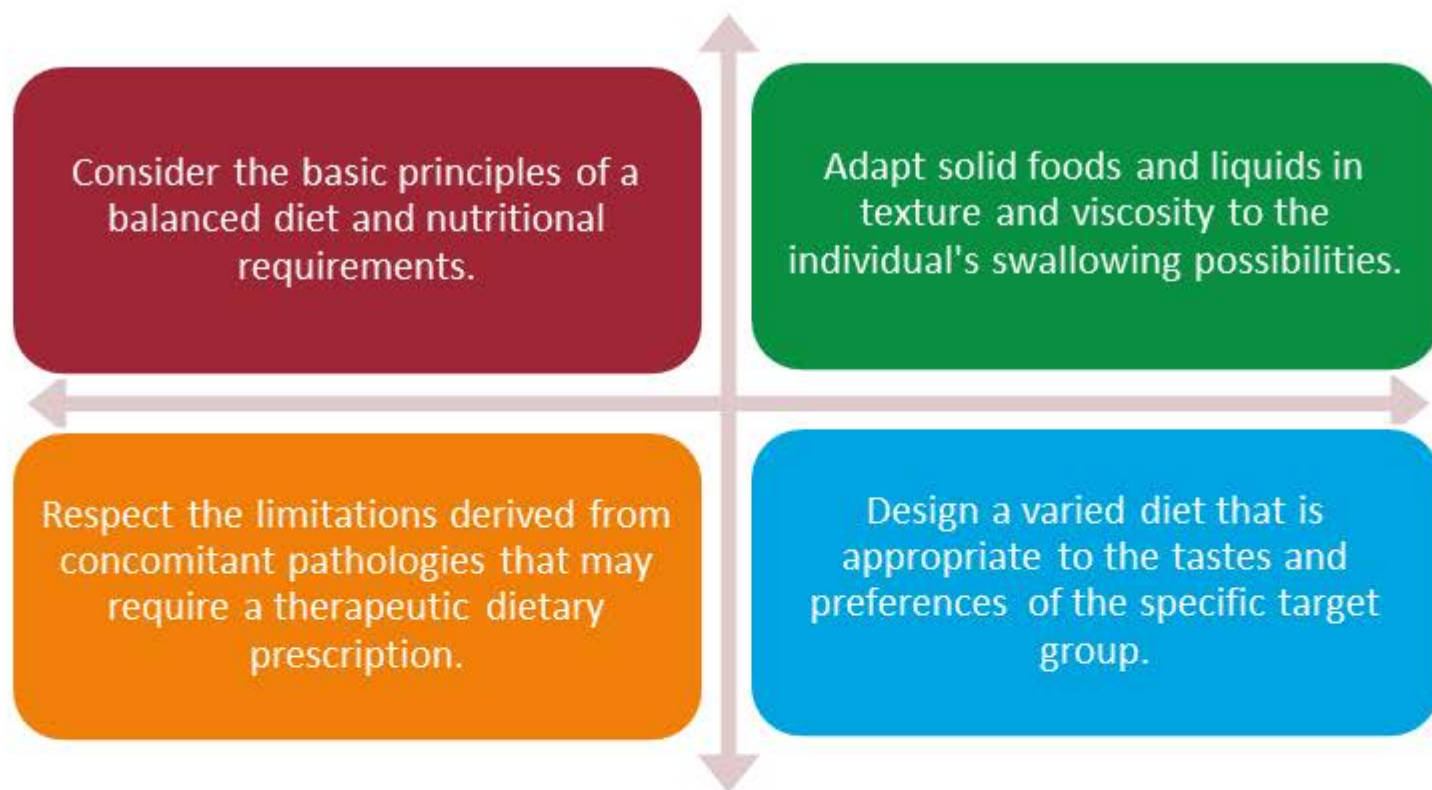
Source: designed by Canva Pro

Ice Breaker

A horizontal strip of three close-up photographs of food. From left to right: a purple onion showing its concentric rings, a red strawberry showing its seeds, and a green artichoke showing its layered structure. An orange rectangular box is superimposed over the center of these images, containing white text.

CAN YOU RECOGNISE FOOD FROM A CLOSE-UP PICTURE?
Food structure is important in dysphagia management

Source: designed by the authors



Criteria of the dysphagia diet

Focus on...



To ensure an **adequate supply of energy, macro and micronutrients**, it is essential to take into account the characteristics of the dysphagic individual.



Short term or long term dysphagia. If dysphagia is temporary – many patients will be able to progress to a wider variety of foods and more normal textures, as swallowing functions improves. If dysphagia is certain neurological and degenerative disease, deterioration is progressive and inevitable.



Meals fortification. Liquid added to food should have some nutritional value. Higher caloric additions, such as full fat milk, cream, butter and sauces, provide extra energy and several nutrients. Given the importance of achieving protein requirements, it may be necessary to fortify meals with high quality protein-rich foods such as egg whites.



Diet supplementation

Distribution of foodstuffs on a balanced diet



A balanced diet gives the body the nutrients it needs to function correctly. In order to get the nutrients needed, most of the daily caloric intake in should come from:

- fresh fruits & vegetables;
- whole grains;
- protein rich foods (legumes; meat; fish)
- dairy products;
- fats and oils





In practice, a balanced diet means that we should eat a variety of foods, in different proportions, and in general avoid leaving out entire food groups, as each food group provides fuel and nutrients required for optimal health.




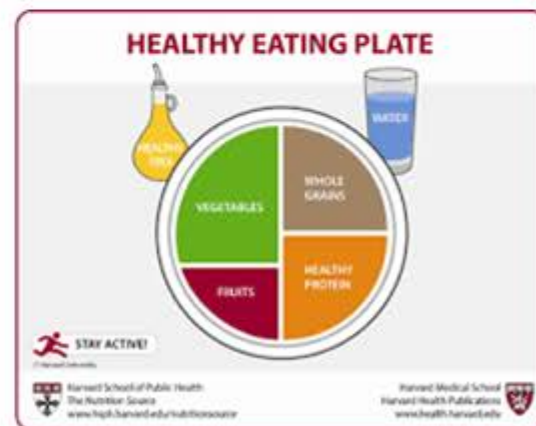
Food-Based Dietary Guidelines (FBDG) are developed to help people build a balanced and varied diet by following the food groups and consuming them in the right proportions.

Food-Based Dietary Guidelines (FBDG) in Europe

 FBDG advice on foods, food groups and dietary patterns to provide the required nutrients to the general public to promote overall health and prevent chronic diseases”

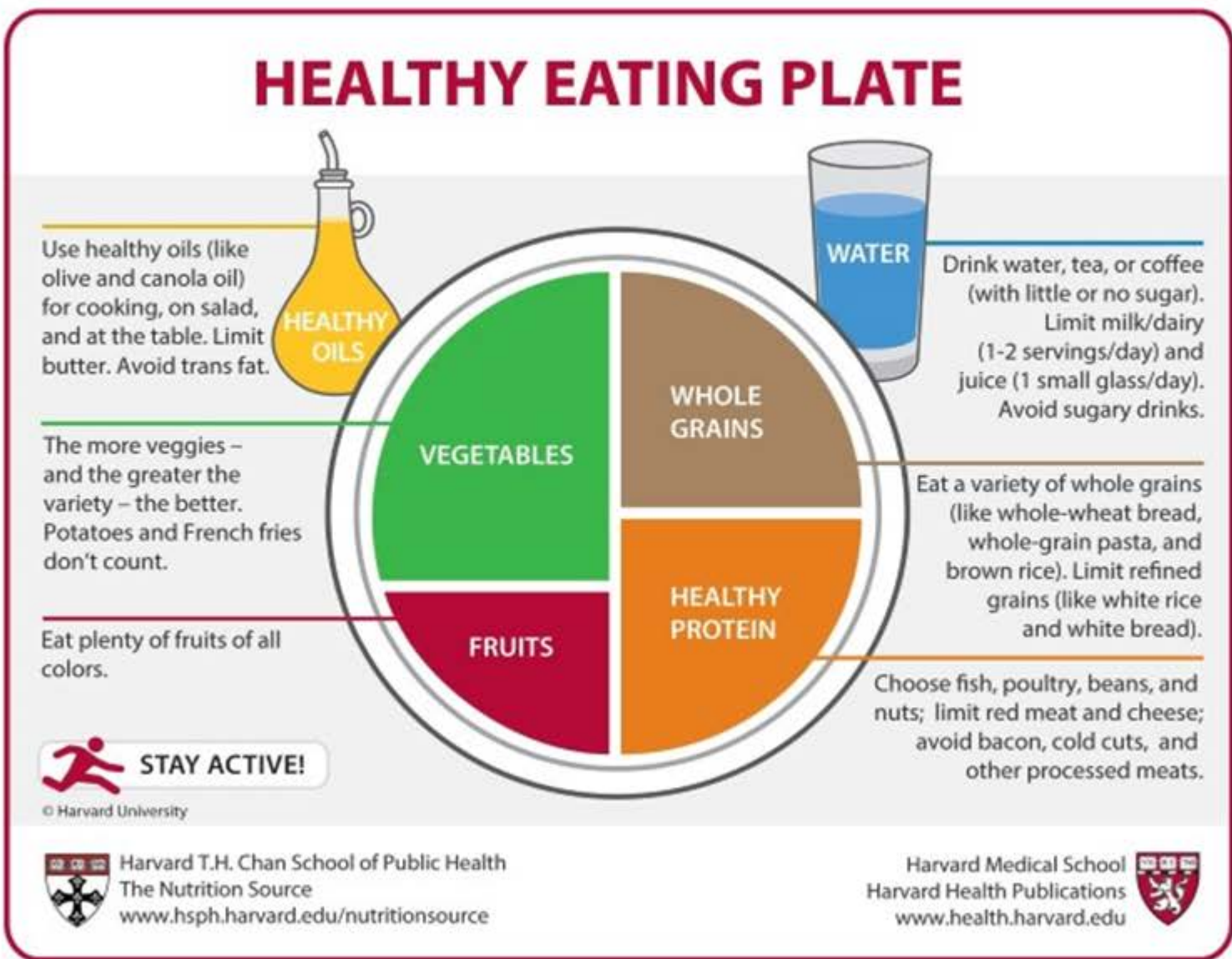
 Some countries provide a graphic representation, such as a food pyramid or a plate, to illustrate and sum-up the advice.

 Watch this video to learn what are and how to use Dietary Guidelines:
<https://youtu.be/o9Vf5ZveXo>



Do you want to know more about FBDG in Europe?

Visit: <https://www.eufic.org/en/healthy-living/article/food-based-dietary-guidelines-in-europe>



The Harvard Eating Plate is more widely accepted nowadays than the Food Pyramid.

Find out more here:

<https://www.hsph.harvard.edu/nutritionsource/healthy-eating-plate/>

A balanced diet consist on:

Vegetables and fruits



Source: designed by Canva Pro

It is recommended to **choose mostly whole grains** (such as brown rice, oats and barley), and whole meal/wholegrain/high cereal/fibre varieties of bread, pasta, crisp breads and cereal foods. They mainly provide starch and fiber, but they are sources of several important vitamins and minerals.

Fruits & Vegetables should make up the largest portion of our diet. They contain a wide variety of nutrients like several vitamins and minerals, carbohydrates and dietary fiber. They are also the main source of phytochemicals.

Grains



Source: designed by Canva Pro

A balanced diet consist on:

Varied Protein Rich Foods

Dairy products as milk, natural yoghurt or cheese, primarily provide us with calcium, protein and fats, plus other vitamins and minerals.



Source: obtained from Canva Pro

Meat and Fish.

Red meat is high in saturated fat, vitamin B12, iron, niacin, and zinc. Meanwhile, fish is a great source of omega-3 fatty acids, vitamin D, thiamine, selenium, and iodine.

Vitamin A, B12, iron, and selenium are present in significant amounts in liver and other organ meats. These meats are also excellent sources of choline, an important nutrient for brain, muscle, and liver health.

Meat is a rich source of protein and several vitamins and minerals, including vitamin B12, niacin, and selenium.

A balanced diet consist on:



Source: obtained from Canva Pro

Healthy fats

Olive oil, canola oil and seed oils are useful for cooking and are sources of heart-healthy monounsaturated and polyunsaturated fats. Tree nuts and fish are also sources of healthy polyunsaturated fats, including omega-3s.

Herbs and spices provide a wonderful range of flavours and aromas to our food.



Source: obtained from Canva Pro

Choose **water** as your main drink, and avoid sugary options such as soft drinks, sports drinks and energy drinks. Drink fluids, even you don't feel thirst!



Source: designed by Canva Pro

Limit added salt and sugar



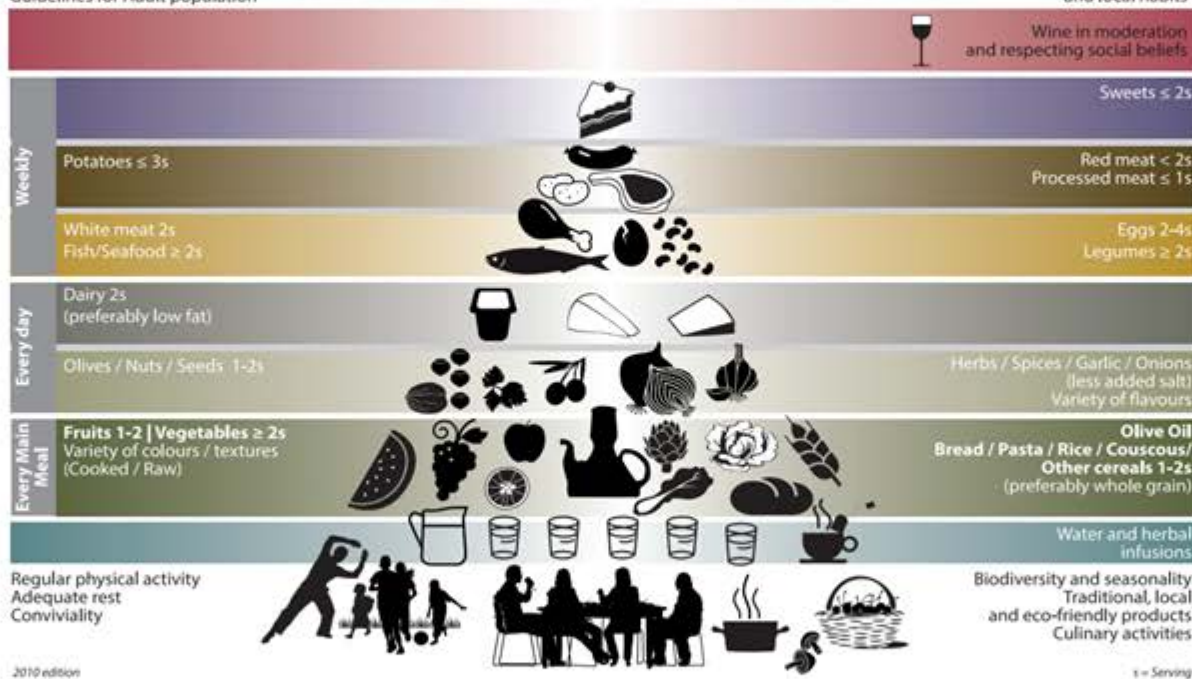
Source: designed by Canva Pro

indeed Mediterranean Diet: healthy and sustainable dietary pattern ([click here](#))

Mediterranean Diet Pyramid: a lifestyle for today

Guidelines for Adult population

Serving size based on frugality and local habits



Fundación
Dieta Mediterránea

ICAF
International Commission on the
Anthropology of Food and Nutrition



Source: available on website <https://dietamediterranea.com/>

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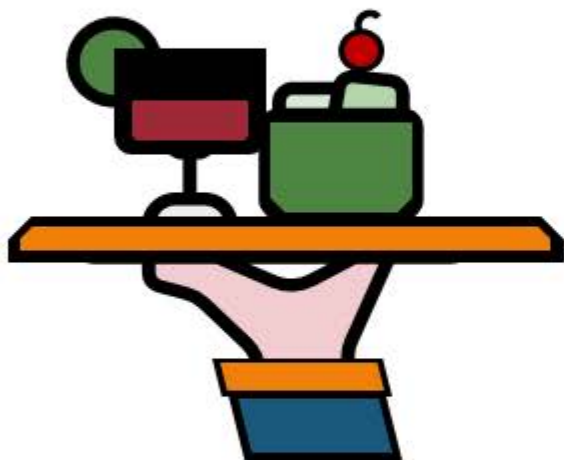


Time for thinking

Do you follow the Mediterranean diet?
Check it out!

Ensuring dietary adequacy

Guides of portion size



Source: <https://www.eufic.org/en/healthy-living/category/portion-information>

There really is no 'One Size Fits All' diet

Ensuring dietary adequacy

Guides of portion size

Portion Distortion

What you're served



1/2 lb. cheeseburger, French fries, 3/4 cup ketchup, tomato slice and lettuce.
1,345 calories
53 grams fat

What's one serving



1/4 lb. cheeseburger, half the French fries, 2 tablespoons ketchup, tomato slice and lettuce.
685 calories
33 grams fat

QUA
NUTRITION
SIGNATURE NUTRITION CLINIC

Source: Signature Nutrition Clinic

VISUAL HAND GUIDE TO PORTION SIZES





@THEFLEXIBLEDIETINGLIFESTYLE

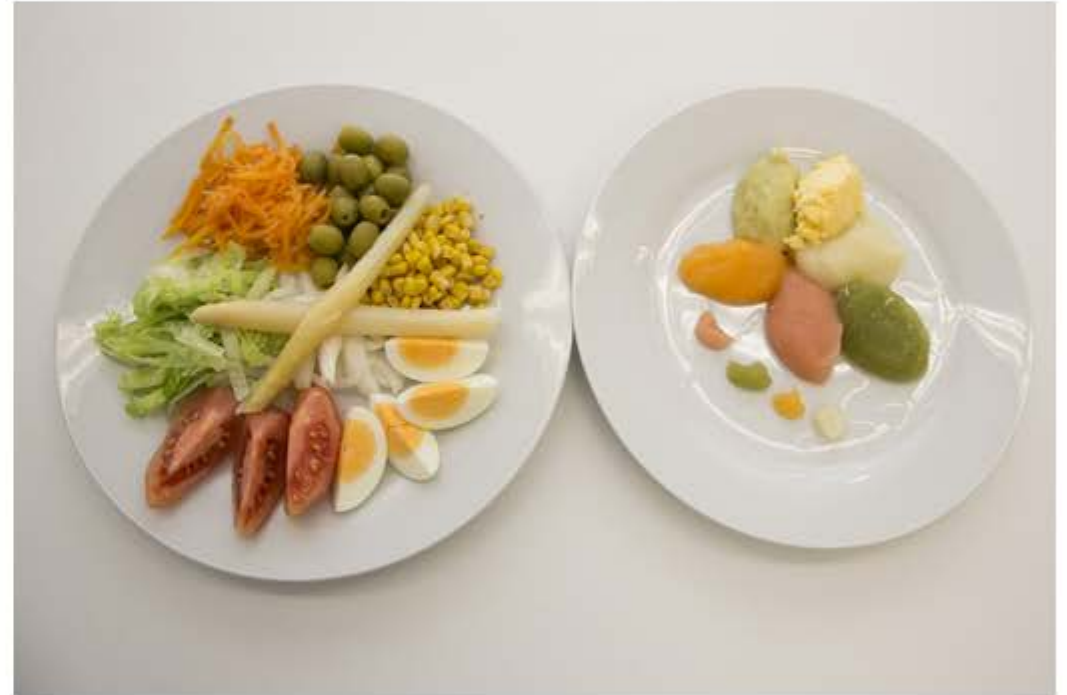


Source: @Zach_Rocheleau

Ensuring dietary adequacy

A modified consistency diet should be:

-  Nutritionally adequate;
-  Of correct consistency;
-  Appetising and palatable;
-  Well presented – considering color coordination and garnishes.



Source: <https://orpea.es/comida-texturizada-solucion-para-los-problemas-de-alimentacion-en-personas-mayores/>

The Dietary Guidelines are different in each European country. However, there is some basic knowledge about dysphagia diet that should be taken into consideration when acquiring knowledge about this condition:

- Consulting with a speech-language pathologist, dietitian, or healthcare professional trained in treating swallowing disorders can be critical for finding foods that are safe and nutritious while also aesthetically pleasing and appetizing. They can help you design the most permissive yet safe modified dysphagia diet of soft, minced or moist, puréed, or liquefied food.
- Providing patients with meals that look and taste natural can increase consumption and prevent malnutrition.

- For those consuming regular easy-to-chew foods, instill a sense of independence by providing patients with adaptive eating tools like plates with large rims, cups with lids and wide bases, and non-slip placemats. If a patient has difficulty using cutlery, serve bite-sized finger foods that are easy to pick up, such as chicken nuggets, fish sticks, cheese sticks, orange segments, carrot sticks, or steamed broccoli.
- Serve food when patients are most alert and attentive. Some might eat better if they are provided with smaller dishes throughout the day, which can be less daunting than three large meals.
- Make mealtime more pleasurable by engaging all of a patient's senses during food preparation. Before cooking, bring ingredients, such as vegetables and fruits, to the patient so they can see and smell them, and use seasonal ingredients to make iconic dishes of summer, fall, winter, and spring.

Foods and ingredients for dysphagia diets

The following are some of the permitted foods:

- Pureed breads (also called “pre-gelled” breads)
- Smooth puddings, custards, yogurts, and pureed desserts
- Pureed fruits and well-mashed bananas
- Pureed meats
- Souffles
- Well-moistened mashed potatoes
- Pureed soups
- Pureed vegetables without lumps, chunks, or seeds



It is important to avoid other foods, including:

- Non-pureed breads
- Any cereal with lumps
- Cookies, cakes, or pastry
- Whole fruit of any kind
- Non-pureed meats, beans, or cheese
- Scrambled, fried, or hard-boiled eggs
- Non-pureed potatoes, pasta, or rice
- Non-pureed soups
- Non-pureed vegetables
- Seeds, nuts, or chewy candies

Vegetables and fruits to choose:

- Soft diced cooked vegetables (carrots, squash), mashable cooked vegetables (peas, spinach)
- Minced cooked vegetables (broccoli, yellow or green beans)
- Very finely shredded or minced salads (coleslaw, leafy greens, lettuce) with extra dressing if needed
- Mashed potatoes or other well-cooked potato side dishes such as scalloped potatoes
- Canned cream corn
- Soft ripe mashable fruit: canned, fresh, or frozen (bananas, canned crushed pineapple, canned mandarin oranges, canned sliced peaches, ripe pears), fresh fruit with skins and membranes removed (diced soft cantaloupe, seedless watermelon), fruit cocktail without pineapple pieces or grapes
- Pureed, stewed pitted prunes
- Fruit smoothies



Source: designed by Canva Pro

Grain foods to choose:

- Cooked cereals (cream of rice, cream of wheat[®] oat bran, oatmeal)
- Cold cereals that soften in milk (bran flakes, corn flakes, rice crisps)
- Soft moist bread products (biscuits, buns, buttered toast, muffins) served with butter, soft margarine, or other allowed spreads
- French toast, pancakes, or waffles, served with applesauce or syrup to moisten
- Soft moist barley, couscous, quinoa, or rice in sauces, soups, or casseroles
- Pasta served in sauce
- Bread pudding, or soft and moist bread stuffing (without chocolate chips, coconut, dried fruit, nuts, seeds, or any other hard particles)
- Soft crackers, such as soda crackers
- Soft cereal bars, such as nutri-grain[®] bars
- Ground flax seed or wheat bran stirred into cereals



Source: designed by Canva Pro

- [illegible]

Source: obtained from Canva Pro

- Tender boneless fish that flakes easily
- Thinly shaved soft deli meats (roast beef, turkey, ham)
- Sandwiches with finely-minced salad-type fillings (egg, chicken, tuna salad, minced lettuce, or cheese) without whole lettuce or whole raw vegetables
- Tender mashable meats, made with allowed ingredients (casseroles, lasagna, meatloaf, meatballs)
- Soft and mashable perogies, served with allowed condiments
- Stir-fry made with allowed ingredients
- Spaghetti sauces made with allowed ingredients
- Broth or cream soups made with allowed ingredients



Desserts and snacks to choose:

- Ice cream, popsicles®, sherbet, soy frozen desserts, or frozen yogurt
- Smooth custards, milk pudding, mousse, rice pudding, or tapioca pudding
- Soft, moist, or easy-to-break cookies (digestive biscuits)
- Soft baked desserts (cream or pumpkin pies, moist cakes) made with allowed foods
- Jellied desserts



Source: <https://pixabay.com/>

Condiments and sauces to choose:

- Butter, soft margarine, mayonnaise, salad dressings, or sour cream
- Condiments that are smooth, or have small pieces such as BBQ sauce, horseradish, ketchup, mustard, or relish
- Finely ground herbs, seasonings, and spices, without hard seeds
- Gravies or sauces that are smooth such as cheese sauce, hollandaise sauce, or white sauce
- Soft, mashable jam and jelly, without seeds or hard pieces
- Sugar, syrup, or sugar substitutes



Source: <https://pixabay.com/>

Dysphagia diet may be adapted to three levels:

1. Soft and Bite Sized Diet

3. Dysphagia Pureed Diet

2. Dysphagia Ground Diet

1. Dysphagia Soft and Bite Sized Diet	2. Dysphagia Ground Diet	3. Dysphagia Pureed Diet
<ul style="list-style-type: none"> • Moist ground or finely diced meats • Solid tender cuts of meat that can be cut with a fork • Meatloaf, hamburger or cheeseburger • Sausage, thin or sliced lunch meat • Chicken, egg, or tuna salad • Eggs prepared any way except fried 	<ul style="list-style-type: none"> • Ground meats such as hamburger or ground turkey with gravy • Meat loaf or meat balls • Soft fish, tuna fish • Chicken, tuna, egg salad (no large chunks) • Poached, scrambled, or soft-cooked eggs • Well-cooked slightly mashed beans • Hummus, bean dips 	<ul style="list-style-type: none"> • Strained or pureed meat, fish, poultry – can add gravy or broth • Smooth chicken, tuna and egg salad (no celery or onion)

Food products: Protein foods to avoid

1. Dysphagia Soft and Bite Sized Diet	2. Dysphagia Ground Diet	3. Dysphagia Pureed Diet
<ul style="list-style-type: none">• Dry, tough, chewy or crispy meats;• Meats with gristle;• Pizza• Dry fish or fish with bones;• Nuts, Seeds.	<ul style="list-style-type: none">• Dried meats, jerky, bacon, fried food, hot dogs, salami, bratwurst, pizza• Tough meat,• Beans, fried eggs, large cubes of meat in casseroles	<ul style="list-style-type: none">• Eggs unless scrambled or soft cooked which can be processed to puree consistency• Bacon, hot dogs, sausage links• Dried beans

Food products: Milk, yogurt, cheese

1. Dysphagia Soft and Bite Sized Diet	2. Dysphagia Ground Diet	3. Dysphagia Pureed Diet
<ul style="list-style-type: none">• Milk, milk shakes, smoothies, yogurt with soft fruit.• Soft cheese such as ricotta.• Cheddar cheese if grated and melted.• Shredded cheese, cheese slices	<ul style="list-style-type: none">• Yogurt with small pieces of fruit• Milkshakes, malts, ice cream – do not use if on thickened liquid diet as these become thinner as they melt• Pureed cottage cheese, think ricotta cheese, cheeses melted into a sauce• Soft cheeses (cream cheese, cottage cheese)	<ul style="list-style-type: none">• All liquids such as milk are dependent on the thickness of liquids allowed• Milkshakes, malts, ice cream – do not use if on thickened liquid diet as these become thinner as they melt• Liquid nutritional supplements such as Ensure or Carnation Breakfast• Smooth yogurt – plain or without fruit pieces• Pureed cottage cheese, think ricotta cheese, cheeses melted into a sauce• Smoothies made with bananas, peaches or sorbets

Food products: Milk, yogurt, cheese to avoid

1. Dysphagia Soft and Bite Sized Diet	2. Dysphagia Ground Diet	3. Dysphagia Pureed Diet
<ul style="list-style-type: none">Yogurt with seeds, nuts, muesli or hard pieces of fruit, hard cheese such as cheddar.	<ul style="list-style-type: none">Avoid ice cream, milk shakes, frozen yogurt, sherbet if on a thickened liquid as this melts into a thin liquid.Stringy or crumbly cheese, dry/hard	<ul style="list-style-type: none">Solid cheeses, regular cottage cheese, farmer cheese and pot cheese.Cubed or sliced cheese

Food products: soups

1. Dysphagia Soft and Bite Sized Diet	2. Dysphagia Ground Diet	3. Dysphagia Pureed Diet
<ul style="list-style-type: none">• All cream-based or broth-based soups (with thickness as recommended according to swallowing evaluation);• Chili soup, not very spicy (beans must be soft);• Chowder soup.	<ul style="list-style-type: none">• Soups (blended and smooth to avoid large chunks)	<ul style="list-style-type: none">• Soups with pureed or strained vegetables• Strained and pureed creamed soups Pureed chicken noodle, chicken & rice soups• Broth and bouillon (dependent on thickness of liquids allowed)

Food products: soups to avoid

1. Dysphagia Soft and Bite Sized Diet	2. Dysphagia Ground Diet	3. Dysphagia Pureed Diet
<ul style="list-style-type: none">• Soups with tough meats;• Corn or clam chowder unless strained;• Soups with meat or vegetable pieces greater than one inch in size.	<ul style="list-style-type: none">• Corn or clam chowder;• Soups with lumps;	<ul style="list-style-type: none">• Soups with chunks of food in it

Food products: Grains, Cereals, Breads, Starches

1. Dysphagia Soft and Bite Sized Diet	2. Dysphagia Ground Diet	3. Dysphagia Pureed Diet
<ul style="list-style-type: none"> • All porridges, without lumps; • Well moistened breads, biscuits, muffins, pancakes, waffles (moisten with syrup, jelly or butter) • Macaroni and cheese, moist rice, casseroles. • Tender fried potatoes. 	<ul style="list-style-type: none"> • Pancakes • French toast, waffles • All porridges, • Moist muffins, soft breads without crusts • Toast with butter and jelly – minced into ¼ inch pieces • Sticky rice or mix rice with soft beans and sauce • Well-cooked pasta with sauce • Potatoes without skin - soft & moist with butter, gravy, sauce, etc. 	<ul style="list-style-type: none"> • Cooked cereals, cream of wheat or rice – blend with milk and strain for any lumps • Smooth or blended oatmeal • Pureed pasta or rice • Whipped or smooth mashed potatoes • Baby cereal • Pancakes, • French toast – blend with syrup • Muffins without nuts or seeds – blend to a pureed consistency and serve with butter

Food products: Grains, Cereals, Breads, Starches **to avoid**

1. Dysphagia Soft and Bite Sized Diet	2. Dysphagia Ground Diet	3. Dysphagia Pureed Diet
<ul style="list-style-type: none">• Bagels, dry bread, bread with seeds or grains, toast, crackers;• Coarse or dry cereal such as shredded wheat or All Bran; granola• Crispy, fried food, such as grilled cheese;• Popcorn, chips.• Tough, crisp-fried potatoes or potato skins.	<ul style="list-style-type: none">• Bagels• English Muffins,• French bread• Granola,• Cold, dry cereals with milk• Dry crumbly rice	<ul style="list-style-type: none">• Bread, bagels, dinner rolls• Crackers, chips, popcorn• Cold cereal, granola, or cereals that are not easily blended and strained• Rice, pizza

Food products: Fruits and Vegetables

1. Dysphagia Soft and Bite Sized Diet

- All canned and cooked fruit, ripe bananas;
- Soft peeled fresh fruits such as peaches, nectarines, kiwi, mango, cantaloupe, honeydew and watermelon without seeds;
- Soft berries with small seeds such as strawberries;
- Soft cooked vegetables that are fork tender;
- Shredded lettuce

2. Dysphagia Ground Diet

- Soft fruit like ripe bananas, mashed strawberries
- Canned or cooked fruits (peaches, pears; not pineapple or fruit cocktail)
- Well-cooked, soft vegetables such as carrots
- Squash Stewed tomatoes

3. Dysphagia Pureed Diet

- Vegetable juices or tomato
- Fruit juices and nectars (liquids are dependent on thickness of liquids allowed)
- Cooked vegetables that can be mashed or don't require a lot of chewing (must be processed into a puree)
- Pureed fruits – either raw or cooked
- Smooth applesauce
- Baby food fruit or vegetables
- Fruits such as mashed bananas or mashed canned fruits (blend smooth to a puree)

Food products: Fruits and Vegetables to avoid

1. Dysphagia Soft and Bite Sized Diet	2. Dysphagia Ground Diet	3. Dysphagia Pureed Diet
<ul style="list-style-type: none">• Hard to chew fresh fruits such as apples and pears;• Grapes, raisins, coconut;• Pineapple, oranges or other stringy high pulp fruit;• Fruit leather, fruit roll-ups, fruit snacks;• Raw vegetables, salads;• Corn, broccoli, cabbage, brussels sprouts, asparagus, or other fibrous cooked vegetables;	<ul style="list-style-type: none">• Fruits that contain a lot of juice (melon, watermelon, grapes, oranges) as the liquid these contain can spill into the throat.• Fruits with skins unless they can be removed• Fruits with seeds• Corn, peas, string beans• Cole slaw, mixed salads, raw vegetables	<ul style="list-style-type: none">• Pineapple, oranges, or other stringy, high pulp fruit• Vegetables or fruits that have seeds• Salads, dried fruits

Food products: Condiments

1. Dysphagia Soft and Bite Sized Diet	2. Dysphagia Ground Diet	3. Dysphagia Pureed Diet
<ul style="list-style-type: none">• Margarine or butter• Sour cream, cream cheese• Ketchup, mustard, mayonnaise• Gravy, steak sauce, BBQ sauce• Herbs, spices	<ul style="list-style-type: none">• Butter, margarine, syrup• Sour cream, mayonnaise,• Cream cheese, whipped cream• Smooth jelly, (no seeds or chunks)	<ul style="list-style-type: none">• Salt, pepper, ketchup, mustard (without seeds), mayonnaise• Herbs and spices• Sauces such as BBQ

Food products: Condiments to avoid

1. Dysphagia Soft and Bite Sized Diet	2. Dysphagia Ground Diet	3. Dysphagia Pureed Diet
<ul style="list-style-type: none">• Olives, pickles• Peanut butter	<ul style="list-style-type: none">• Nuts, seeds• Peanut butter	<ul style="list-style-type: none">• Nuts, Coconut• Olives Pickles• Anything with seeds• Peanut butter


Food products: Desserts

1. Dysphagia Soft and Bite Sized Diet	2. Dysphagia Ground Diet	3. Dysphagia Pureed Diet
<ul style="list-style-type: none"> • Soft cookies, custard, fruit pies; • Jell-O, sherbet, sorbet Ice cream (unless on thickened liquids); • Moist cakes, pudding, yogurt. • Sugar, honey, syrup, jelly 	<ul style="list-style-type: none"> • Desserts: Pudding, custard, mousse • Cobbler bottom crust and soft topping • Moist, soft cake with icing • Soft cookies • Yogurt with small pieces of fruit • Fruit pies with soft crust (not too flaky) 	<ul style="list-style-type: none"> • Smooth custard and pudding • Sherbet, ice cream, frozen yogurt – not allowed if on thickened liquids • Flavored fruit ices, popsicles, fruit whips, and gelatins (dependent on ability to handle thin liquids). • Syrups including chocolate or maple syrup Mousse. • Clear jelly, honey, sugar

Food products: Desserts to avoid


1. Dysphagia Soft and Bite Sized Diet	2. Dysphagia Ground Diet	3. Dysphagia Pureed Diet
<ul style="list-style-type: none">• Hard cookies, hard candy, chewing gum• Chewy candy or desserts• Anything with nuts, seeds, dry fruits, coconut, or pineapple	<ul style="list-style-type: none">• Desserts that are dry, hard, crumbly, contain nuts or are too chewy.• Avoid ice cream, milk shakes, frozen yogurt, sherbet if on a thickened liquid as this melts into a thin liquid.	<ul style="list-style-type: none">• Anything made with nuts, coconut, or whole fruits

Food products: beverages

-  Any smooth, homogenous beverages without lumps, chunks, or pulp.

Beverages may need to be thickened to appropriate consistency.

Food products: beverages to avoid

-  Any beverages with lumps, chunks, seeds, pulp, etc.



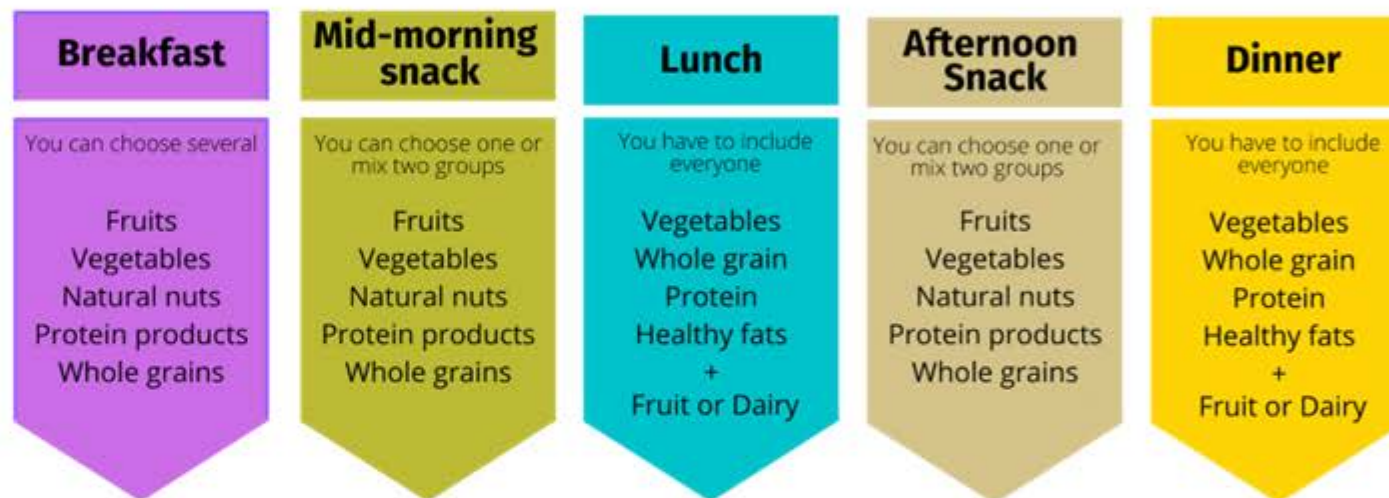
Time for discussion

What food you think is good for dysphagia patients?

Balanced menu templates

Dietary food intake

The number of meals will depend on social, cultural factors or factors related to personal daily routines, always adapting to the needs and capacities of each person according to their age, state of health, pathology and other qualities that may limit intake.



Next menus are examples of balanced diet based on before healthy eating guidelines. The texture of the food and beverages on these menus should be adapted to the needs of the person with dysphagia destined. Allergies and intolerances should also be taken into account in the menus.

Balanced menu templates

Menu 1							
	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Breakfast	Coffee with milk Toast of whole wheat bread with olive oil and turkey breast Orange	Unsweetened cocoa milk Oat flakes Banana	Oat milk Rye bread with tomato and cheese Pear	Coffee with soymilk Banana oats hotcake with dark chocolate	Oatmeal porridge with cinnamon and berries	Coffee with milk Whole wheat toast with avocado Apple	Fruit and milk smoothie Whole wheat toast with Hummus and tomato
Mid-Morning snack	Handful of nuts	Tahini cream toast with bananas	Yogurt	Strawberries	Smoothie	Yogurt	Handful of pistachio
Lunch	Lentils with vegetables Sausages Plum	Broccoli with ratatouille Squid with aioli and whole wheat bread Yogurt	Peas with egg and potatoes Eggplant stuffed with fish Banana	Green beans with potatoes Lamb with potatoes Pumpkin desert	Spaghetti carbonara Cod with bell pepper sauce Peach	White bean salad with pickles and vegetables Turkey with apple sauce Yogurt	Lettuce salad with corn and carrots Rice with fried tomato and egg chocolate mousse
Afternoon Snack	Yogurt with fruit pieces	Yogurt	Smoothie	Yogurt	Guacamole cream toast	Smoothie with nut flour	Yogurt with fruit pieces
Dinner	Cod with ratatouille Stuffed eggs Brownie with orange	Lettuce and tomato salad Meatballs with almond sauce Pear	House hors d'oeuvres Potato omelette with aioli and whole wheat bread Yogurt	Baked vegetables Chicken with vegetables and tomato Roast apple with cinnamon	Goat cheese salad on toast Beef blanquette with rice Strawberries	White asparagus Tenderloin with pepper sauce Orange	Sausage with rye bread Salmon with vegetables Yoghurt

Balanced menu templates

Menu 2							
	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Breakfast	Oat milk Rye bread with avocado and olive oil Banana	Oatmeal porridge with cinnamon and Blueberries	Coffee with milk Toast of whole wheat bread with olive and tomato	Coffee with milk Whole wheat toast with cheese Apple	Coffee with soymilk Banana oats hotcake with dark chocolate	Fruit and milk smoothie Whole wheat toast with tuna and tomato	Unsweetened cocoa milk Oat flakes Mandarin
Mid-Morning snack	Yogurt	Smoothie with nut flour	Guacamole cream toast	Yogurt with fruit pieces	Handful of almond	Yogurt	Smoothie
Lunch	Rice with fried tomato and egg Tenderloin with pepper sauce Apple	Peas with egg and potatoes Chicken with vegetables Cheesecake	White bean salad with pickles and vegetables Squid with aioli and whole wheat bread Strawberries	Green beans with potatoes Sausage with rye bread Yogurt	Chickpeas with cod Egg with béchamel sauce Pear	Beet soup Red peppers stuffed with mince Yogurt	Goat cheese salad on toast Tunna small turnover Greek yogurt
Afternoon Snack	Peanut butter and banana toast	Yogurt with fruit pieces	Orange	Handful of almond	Olive oil and tomato toast	Pineapple	Hummus cream toast
Dinner	Tomato salad with hard-boiled egg and tuna fish Sausages with potato Mandarin	Cauliflower with garlic Steamed salmon Curd with peach jam	Mixed salad Falafel Yogurt	Baked vegetables Tunna omelet orange	Pumpkin puree Meatballs with tomato sauce Orange	Creamed spinach Moussaka Roast pear	Spaghetti Bolognese Hake in sauce Fruit salad

Preparing meals: Consistency or texture

- **Chopped** - food particles $\frac{1}{2}$ inch (12mm) or about the size of sugar cubes



Source: <https://www.freepik.es/>

- **Ground** – food particles $\frac{1}{4}$ inch (6mm) or about the size of grains of rice



Source: <https://cocinaycomparte.com/>

- **Minced** - food particles $\frac{1}{8}$ inch (3mm) or about the size of sesame seeds



Source: <https://www.americastestkitchen.com/>



Source: <https://pixabay.com/>

- **Puréed** - smooth mashed potato consistency for severely dysphagic patients

Preparing meals: Blending or pureeing

If you need to blend a dry food, you will have to add a "lubricant" such as water, milk, olive oil, juice or sauce, but do not forget to check seasoning afterwards and re-thicken if necessary.

As blending food already starts off the digestion process by breaking it down, a patient can absorb much more nutrition while spending less energy on digestion.

Preparing meals:

Soups

Blending a soup rather than leaving "bits" still in it (even if they are soft and manageable) is far more beneficial to a dysphagic patient as it is more "filling" and helps with portion size.



Source: <https://pixabay.com/>

Preparing meals: Seasoning and taste

Puréed or blended foods lose their taste. A dish you cook may be seasoned perfectly, but, after blending, it will taste different. The main point is to prevent food from being bland and boring. If you need to add water for the blending process, often more flavourful or spicy ingredients might be needed during cooking so that the food does not taste too diluted once blended.

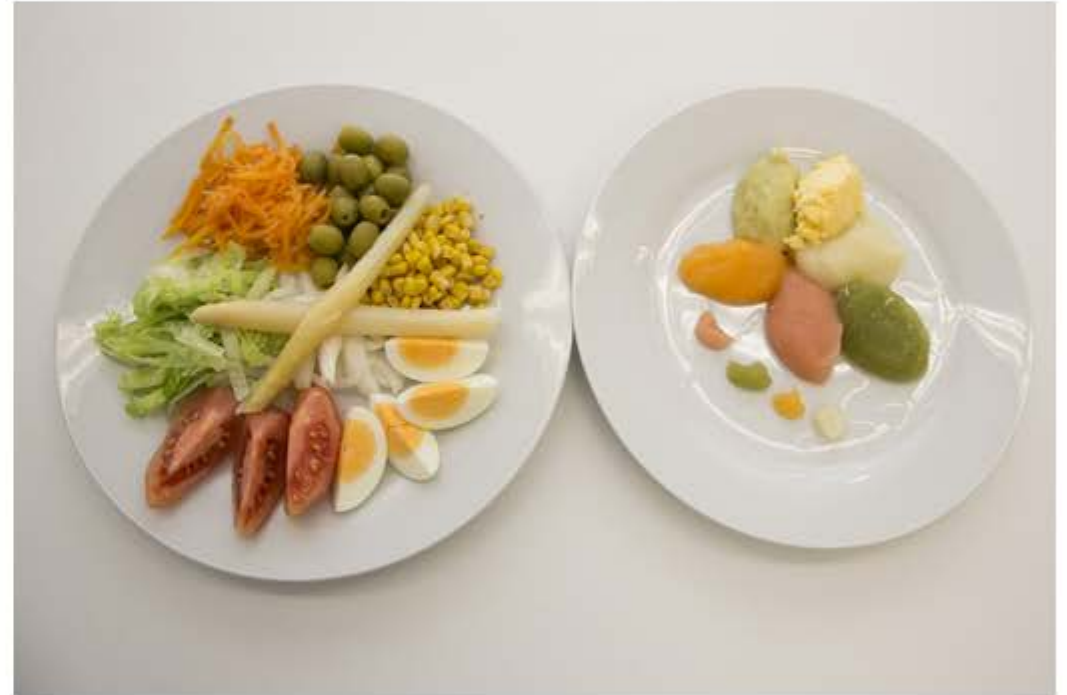


Source: <https://pixabay.com/>

Preparing meals: Color and sauces

If patient prefers distinct colours on a plate then please ensure each different food on the plate has the same consistency and viscosity.

You then have to decide as to which dollop you are going to add the tasty sauce or gravy prior to blending, but without altering the colour.



Source: <https://orpea.es/comida-texturizada-solucion-para-los-problemas-de-alimentacion-en-personas-mayores/>

Additional products to use:

- ✓ Thickeners – powders and liquid;
- ✓ Ready-to-drink thickened drinks and drink mixes;
- ✓ Convenience pureed foods;
- ✓ Foods Mixes;
- ✓ Protein/calorie food enhancers;

Additional products to use: Viscosity or "thickness"

- Thicker (more viscous) foods are generally easier and safer to swallow than thinner foods as the risk of fluids going down "the wrong way" into the lungs is reduced.
- For many, enjoying a glass of wine with friends and relatives is an important part of life and an essential part of celebrations. Many with dysphagia feel the same. We've therefore used our know-how creating drinks for healthcare to make alike drinks safer to swallow.
- Ingredients for these are: Xanthan Gum, Maltodextrin, Erythritol



Source: designed by Canva Pro

Additional products to use: Ready-to-eat/drink products

- **“Baby food” for adults.** They are a lot less stressful for you and the dysphagic patient who is often very embarrassed by not being able to swallow a meal you have painstakingly prepared. They are very useful to have as a supplement or standby food.



Source: <https://okdiario.com/recetas/potitos-2004131>



Source: <https://thickit.com/blog/nutrition-product-category/beverages/>

- **Ready-to-drink thickened drinks and drink mixes.** They are convenient and provide proper hydration for people with swallowing disorders. For example, Thick-It® Clear Advantage® ready-to-drink beverages are thickened with xanthan gum so that they have the proper consistency in order to be safe and reliable for your patients.

Additional products to use: Oral nutritional supplements

A dysphagic patient often suffers weight loss and other nutritional problems, so it is almost essential to enrich the diet in some way. Almost anything you add to any food will effectively augment its nutritional value. Although enrichment items tend to be protein based, dysphagic patients' diet may also lack other nutrients.

Depending on nutritional requirements and meal replacement needs, doctors may recommend taking something more to help with the overall health and well being.

Additional products to use: Oral nutritional supplements

A supplement may be an individual nutrient, such as protein or fiber, or it may be a food or meal replacement, such as a fortified drink.

Oral nutritional supplements are products manufactured by the pharmaceutical industry. They are developed with the purpose of being administered to people with deficient nutritional needs. They are only prescribed by a health professional in those cases where there are nutrient deficiencies, either due to insufficient intake through diet, interaction with drugs or other causes.

Additional products to use: Oral nutritional supplements

In sum, the dysphagia diet may carry a large variety of supplements, but they should only be used when there are nutrient deficiencies. There are many commercial brands and different products available to people with dysphagia who require dietary supplementation. Some examples are shown in the figure below. They are not cheap, but sometimes it is a small price to pay to ensure the dysphagic patient does not become malnourished.



<https://www.nutrimedical.cl/producto/banatrol/>



<https://www.nutricia.es/>

<https://www.nestlehealthscience.es/>



<https://globalhp.com/shop/liquacel-liquid-protein/>



<https://tesia.com.ec/hyfiber/>

Reflect on the session

A central graphic of a black smartphone is overlaid with three horizontal arrows. An orange arrow points left from the top of the phone, a maroon arrow points right from the middle, and a blue arrow points left from the bottom. To the right of the phone are three circles: orange, maroon, and blue, corresponding to the arrow colors.

What did you learn today?

How will you apply what you have learnt?

What's next?

Feedback



How many stars would
you give this workshop
(1 to 5)?



What reasonable change
would you recommend?



What did you like the
MOST?



What did you like the
LEAST?

Indeed partners



<https://indeed-project.org/>

INDEED: "Innovative tools for diets oriented to education and health improvement in dysphagia condition"

Project N: 2020-1-ES01-KA204-083288



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