Advanced Soft Consistency Diet
(Comparable to National Dysphagia Diet Level 3)

What is the Advanced Consistency Diet?
Your doctor wants you to follow this diet because of dysphagia or another medical condition. Dysphagia means a person has difficulties swallowing. This can happen for a variety of reasons, but often times it is the result of a stroke, injury, or disease. In this diet, foods need to be moist and should be in “bite-size” pieces. You will need to avoid foods that are very hard, sticky, or crunchy.

Why is this diet safer for me?
Foods in this diet are easier to chew. It is the next step in moving towards eating a regular diet.

<table>
<thead>
<tr>
<th>Food Groups</th>
<th>Safe Foods</th>
<th>Foods to Avoid</th>
<th>Thin liquids (if allowed)</th>
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</thead>
</table>
| Milk Products     | Smooth or fruit yogurt  
                   | Cottage cheese  
                   | Sliced or cubed cheese  
                   | Plain cream cheese       | Cream cheese with nuts or pineapple |
| Meat and Protein  | Tender thin sliced, diced, or ground meats or poultry  
                   | Moist fish  
                   | Shell fish  
                   | Eggs  
                   | Creamy peanut butter  
                   | Casseroles  
                   | Tough dry meat or poultry, dry fish, chunky peanut butter, nuts |
| Vegetables        | All tender cooked vegetables  
                   | Cream corn  
                   | Legumes  
                   | Shredded lettuce       | Raw veggies, non-tender or rubbery cooked veggies, whole kernel corn, potato skins |
| Fruits            | All canned and cooked fruits  
                   | Soft-ripe, peeled fresh peaches, nectarines, kiwi, cantaloupe, honeydew, and watermelon (without seeds)  
                   | Berries  
                   | Fresh apples and pears, pineapple, grapes, dried fruit, fruit leather, fruit roll-ups, fruit snacks. Watermelon if on thick liquids | Fruit juice |
| Breads, Cereals, Starches | Bread, biscuits, muffins, pancakes, French toast, waffles  
                   | Any moistened cereal  
<pre><code>               | Rice or wild rice       | Granola or other cereals with nuts and dried fruit, crackers, potato skins, bagels |
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| Soup        | - Any soup except those on avoid list  
             - Corn or clam chowder that has been through a blender | Chunks of meat that are bigger than 1 inch, corn and clam chowder | Broth and bouillon |
| Desserts    | - All desserts except those on avoid list | Desserts with nuts, seeds, coconut, pineapple, sticky caramels, or dried fruit | Malts, milk shakes, sherbet, frozen yogurts, ice cream, gelatin, eggnog, nutritional supplements |
| Drinks      | - Any drink that is a safe liquid thickness for you.  
             **Tip:** Drinks may need to be thickened. | | Milk, Juice, coffee, tea, soda, carbonated drinks, alcoholic drinks, nutritional supplements, ice chips |
| Other       | - Butter or margarine  
             - Salad dressings, mayonnaise, vinegar and oils  
             - Gravies  
             - Seasonings, herbs, and spices  
             - Catsup, mustard  
             - Honey  
             - Jelly, jam, and preserves  
             - Sugar, syrup, or molasses  
             - Horseradish, chili sauce, or salsa | Olives, candy with nuts, seeds or coconuts, caramels or other sticky chewy candy | |

**What is an example of a meal on the advanced consistency diet?**
A meal on the dysphagia advanced diet, might include: thinly sliced deli turkey, cheddar cheese, honey mustard and shredded lettuce on sliced wheat bread. As a side dish, you may choose tender cooked green beans with balsamic vinaigrette dressing. For dessert, you might eat fresh ripe strawberries.
Teach Back:
What is the most important thing you learned from this handout?
What changes will you make in your diet/lifestyle, based on what you learned today?

If you have more questions please contact UW Health at one of the phone number listed below. You can also visit our website at www.uwhealth.org/nutrition

Nutrition clinics for UW Hospital and Clinics (UWHC) and American Family Children’s Hospital (AFCH) can be reached at: (608) 890-5500.

Nutrition clinics for UW Medical Foundation (UWMF) can be reached at: (608) 287-2770.

Your health care team may have given you this information as part of your care. If so, please use it and call if you have any questions. If this information was not given to you as part of your care, please check with your doctor. This is not medical advice. This is not to be used for diagnosis or treatment of any medical condition. Because each person’s health needs are different, you should talk with your doctor or others on your health care team when using this information. If you have an emergency, please call 911. Copyright © 5/2016 University of Wisconsin Hospitals and Clinics Authority. All rights reserved. Produced by the Clinical Nutrition Services Department and the Department of Nursing. HF#456