

CONNECTICUT VALLEY HOSPITAL OPERATIONAL PROCEDURE MANUAL

SECTION I:	PATIENT FOCUSED FUNCTIONS
CHAPTER 2:	Provision of Care, Treatment and Services
PROCEDURE 2.52:	Description of Diet Consistency Levels
REVISED:	12/15/06; 11/8/10; 11/09/15; 4/24/17; Reviewed 02/18
Governing Body Approval:	12/09/10; 11/12/15; 04/27/17; 04/18

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

Diet Type	Foods Allowed	Foods <u>Not</u> Allowed
<i>Regular</i>	<i>All Textures Allowed</i>	<i>N/A</i>
Tender Comparable to National Dysphagia Diet Level 3 (NDD 3)	<ul style="list-style-type: none"> • 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 	<ul style="list-style-type: none"> • 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
Chopped Comparable to National Dysphagia Diet Level 2 (NDD 2)	<ul style="list-style-type: none"> • Soups with less than 1/2" pieces of easy to chew meats and vegetables • Moist ground or finely chopped meats, fish and poultry (1/4 " pieces) • Scrambled eggs • Protein salad without large chunks, celery or onion • Well cooked, moistened potatoes • Well cooked, diced vegetables (cut to 1/2") • 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 	<ul style="list-style-type: none"> • 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

Diet Type	Foods Allowed	Foods <u>Not</u> Allowed
<i>Regular</i>	<i>All Textures Allowed</i>	<i>N/A</i>
Ground Comparable to National Dysphagia Diet Level 2 (NDD 2)	<ul style="list-style-type: none"> • 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 	<ul style="list-style-type: none"> • 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 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 Comparable to National Dysphagia Diet Level (NDD 1)	<ul style="list-style-type: none"> • 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 	<ul style="list-style-type: none"> • 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

Diet Type	Foods Allowed	Foods <u>Not</u> Allowed
<i>Regular</i>	<i>All Textures Allowed</i>	<i>N/A</i>
<p>Pureed</p> <p>Comparable to National Dysphagia Diet Level (NDD 1)</p>	<ul style="list-style-type: none"> • Smooth homogeneous, cooked cereals such as farina-type cereals with pudding-like consistency • Smooth, homogeneous beverages, without chunk or pulp • Smooth puddings, custards, yogurt • Butter, margarine, strained gravy, sour cream, mayonnaise, cream cheese, whipped topping • Smooth sauces • Pureed desserts and soufflés • Sugar • Artificial sweetener, Salt, finely ground pepper 	<ul style="list-style-type: none"> • Oatmeal • Any beverages with lumps, seeds, pulp • fruited yogurt • Ices, gelatins, frozen juice bars, • Cookies, cakes, pies, pastry, coarse textured puddings, rice or bread pudding • Coarsely ground pepper or herbs • Chunky fruit preserves or seedy jams • Seed, nut, sticky foods • Chewy candies