

Sample Dysphagia Soft Menu Plan

Below is a 1-day Dysphagia Soft menu that has been adapted from the *Example of a [Completed Regular Menu Plan](#)* in Section 2.5. Changes made to the Regular menu to fit the Dysphagia Soft diet are shown in bold. If a Dysphagia Soft diet is ordered along with another additional texture modification, such as Thick Fluids, No Mixed Consistencies, and/or Pureed Bread Products, more foods will need to be avoided or altered, as shown below. A ✓ indicates no change from the **Dysphagia Soft** menu item.

Meal	Regular Menu Item	Dysphagia Soft Menu Item	Dysphagia Soft with No Mixed Consistencies	Dysphagia Soft with Thick Fluids	Dysphagia Soft with Pureed Bread Products	Portion Size	Canada's food guide
Breakfast	Coffee/tea and water	Coffee/tea and water	✓	Thicken	✓	1 cup/ 250 mL	Beverages
	100% apple juice	100% apple juice	✓	Thicken	✓	½ cup/ 125 mL	Vegetables and Fruits
	Bran cereal with raisins	Oatmeal	✓	✓	✓	¾ cup/ 175 mL	Grain Products
	Whole grain toast	Buttered whole grain toast	✓	✓	Slurried French toast (see section 5.3.7 for a recipe on how to make a slurry)	2 slices (1 oz/ 35 g each)	Grain Products
	Banana	Peanut Butter Smoothie including: Banana Milk or fortified soy beverage Smooth peanut butter	✓ (must be smooth)	Thicken (Note: smoothies should not contain any ice, ice cream or sherbet, and must be smooth).	✓	1 medium	Vegetables and Fruits
	Milk/fortified soy beverage					1 cup/ 250 mL	Protein Foods (Milk & Alternatives)
	Peanut butter					1 package (1 Tbsp/ 15 mL)	Protein Foods (Meat & Alternatives)

Sample Dysphagia Soft Menu Plan (Continued)

Meal	Regular Menu Item	Dysphagia Soft Menu Item	Dysphagia Soft with No Mixed Consistencies	Dysphagia Soft with Thick Fluids	Dysphagia Soft with Pureed Bread Products	Portion Size	Canada's food guide
Lunch	Water and coffee/tea	Water and coffee/tea	✓	Thicken	✓	1 cup/ 250 mL	Beverages
	Beef barley soup	Beef barley soup (beef needs to be tender and less than ½ inch/ 1 cm cubed)	Blend	Blend and thicken	✓	1 cup/ 250 mL	Grain Products
	Crackers, soda	Crackers, soda	Remove	Remove	Remove	1 package (2 crackers)	Grain Products
	Turkey sandwich wrap on whole grain whole wheat pita bread, with romaine lettuce and tomato slices	Turkey salad sandwich on Whole grain whole wheat bread (no lettuce or tomato slices)	✓	✓	Pureed bread with turkey salad OR mashed potatoes with soft diced turkey	1 whole (includes 2–3 oz/ 60–90 g lean turkey breast)	Protein Foods (Meat & Alternatives)
						2 slices bread (1 oz/ 35 g each)	Grain Products
	Carrot sticks	Soft cooked diced carrots	✓	✓	✓	½ cup/ 125 mL	Vegetables and Fruits
	Tossed salad	Very finely shredded salad	✓	✓	✓	½ cup/ 125 mL	Vegetables and Fruits
	Milk/fortified soy beverage	Milk/fortified soy beverage	✓	Thicken	✓	1 cup/ 250 mL	Protein Foods (Milk & Alternatives)
Grapes	Diced kiwi	Drain excess liquid	Drain excess liquid	✓	½ cup/ 125 mL	Vegetables and Fruits	

Sample Dysphagia Soft Menu Plan (Continued)

Meal	Regular Menu Item	Dysphagia Soft Menu Item	Dysphagia Soft with No Mixed Consistencies	Dysphagia Soft with Thick Fluids	Dysphagia Soft with Pureed Bread Products	Portion Size	Canada's food guide
Afternoon Snack	Water and coffee/tea	Water and coffee/tea	✓	Thicken	✓	1 cup/ 250 mL	Beverages
	Orange	Canned mandarin oranges	Replace with fruit sauce (like apple)	Replace with fruit sauce (like apple)	✓	½ cup/ 125 mL	Vegetables and Fruits
	Oatmeal Cookie	Oatmeal cookie, soft baked	✓	✓	Replace with blended bread pudding (½ cup/ 125 mL)	2 small cookies (1-1 ½ oz / 30-38 g total)	Grain Product

Below is a further description of foods that will need to be avoided or altered for the menu above if additional texture modifications are ordered along with the Dysphagia Soft Diet. For more details on Foods Allowed and Not Allowed for these diet modifications, see the pages as noted.

Sample Dysphagia Soft Menu Plan (Continued)

Meal	Regular Menu Item	Dysphagia Soft Menu Item	Dysphagia Soft with No Mixed Consistencies	Dysphagia Soft with Thick Fluids	Dysphagia Soft with Pureed Bread Products	Portion Size	Canada's food guide
Supper	Water and coffee/tea	Water and coffee/tea	✓	Thicken	✓	1 cup/ 250 mL	Beverages
	Meatloaf	Meatloaf topped with gravy	Serve gravy on food, not on side	Serve gravy on food, not on side	✓	1 slice (2 x 4 x ½ inch / 5 x 10 x 1 ½ cm)	Protein Foods (Meat & Alternatives)
	Baked potato	Baked potato (with no skin)	✓	✓	✓	1 medium	Vegetables and Fruits
	Green beans	Minced green beans	✓	✓	✓	½ cup/ 125 mL	Vegetables and Fruits
	Whole grain tray bun	Whole grain tray bun (soft), with margarine	✓	✓	Puree tray bun	1 bun (1 oz/ 35 g)	Grain Products
	Milk/fortified soy beverage	Milk/fortified soy beverage	✓	Thicken	✓	1 cup/ 250 mL	Protein Foods (Milk & Alternatives)
	Baked apple with cinnamon	Diced baked apple with cinnamon	✓	✓	✓	1 medium	Vegetables and Fruits
	Vanilla pudding	Vanilla pudding	✓ (must be smooth)	✓ (must be smooth)	✓	½ cup/ 125 mL	Desserts
Evening Snack	Water and coffee/tea	Water and coffee/tea	✓	Thicken	✓	1 cup/ 250 mL	Beverages
	Salmon salad sandwich on whole wheat bread	Salmon salad sandwich on whole wheat bread	✓	✓	Salmon salad with biscuit slurry	1-1 ½ oz/ 30-45 g salmon 1 biscuit (1 oz/35 g)	Protein Foods (Meat & Alternatives) Grain Products

If ‘No Mixed Consistencies’ modification is ordered

- Serve hot cereal only (no cold or dry cereal).
- Blend/puree soups.
- Serve yogurt or pudding that is smooth or with small soft pieces of fruit.
- Ensure there are no firm fruit chunks or ice cubes in milkshakes or smoothies.
- See [Mixed Consistency Foods](#) content in Section 5.3.7 of the toolkit for more information.

If ‘Thick Fluids’ is ordered

- Follow the changes for ‘No Mixed Consistencies’.
- Provide water, juice, milk, hot beverages and soup thickened to the ordered consistency - Mildly Thick (Nectar), Moderately Thick (Honey), or Extremely Thick (Pudding).
- Replace desserts that can melt into thin fluids (ice cream, sherbet, popsicles or gelatin) with desserts that do not melt (pudding, custard, fruit sauce).
- Serve gravies/sauces on the food, not on the side. Gravies do not need to be thickened as long as they do not pool on the plate.
- Smoothies or milkshakes can be offered if thickened to the appropriate consistency. Ice, ice cream, or sherbet should not be used, as these ingredients will melt, causing the smoothie or milkshake to change consistency after serving.
- See the Section 5.3.8 on [Thick Fluids](#) for more information.

If ‘Pureed Bread Products’ is ordered

- Remove all regular texture bread products. Replace with pureed bread products or allowed grains.
- Additional servings of Protein Foods can be offered at meals so that snacks with regular bread products such as sandwiches can be substituted with other items such as yogurt or pudding for ease of menu planning.
- See [Pureed Bread](#) content in Section 5.3.6 of the toolkit for more information.