



Mechanical Soft (Dysphagia Level 2) Diet Guidelines

Foods are easy to chew without much effort and are easier to move around with the tongue.



CHOP IT SMALL

- Use a knife or food chopper.
- Make pieces very tiny (like peas).
- Good for: soft cooked meats, soft fruits/veg.



COOK IT SOFT

- Boil, steam, or bake until very tender.
- Vegetables and meats should be easy to mash with a fork.



MASH IT SMOOTH

- Use a fork or masher.
- Make it like smooth mashed potatoes.
- Good for: cooked potatoes, sweet potatoes, bananas, avocados, cooked beans.



ADD LIQUIDS

- Use broth, gravy, sauce, milk, melted butter.
- Makes food wet and easy to swallow.
- Good for: ground meat, chopped chicken, bread, pancakes, mashed foods.

GOOD SOFT FOOD CHOICES:

- Scrambled Eggs
- Soft Cooked Fish (deboned)
- Moist Ground Meat
- Mashed Bananas, Applesauce
- Mashed Potatoes
- Very Soft Cooked Veggies
- Hot Cereal
- Yogurt, Pudding





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LOOK & LISTEN

- Watch the person as they eat.
- Do they cough, choke, or take a long time to chew?
- Alert someone and document if you see problems.



FOODS TO AVOID:

❌ Hard Foods
(nuts, raw vegetables)

❌ Sticky Foods
(gummy candy)

❌ Foods with Skins or Seeds
(corn, hot dogs)

❌ Stringy Foods
(celery)

❌ Tough Foods
(tough meats)

❌ Dry Foods
(crackers, toast)

