

Table 3 : Examples of foods which can cause problems for dysphagic individuals

Adhesive foods	Crumbly foods	Multiphase foods
Fresh bread and sandwiches	Dry or hard cookies/crackers	Citrus fruit
Bagel or english muffin	Soda crackers or Melba toast	Fruits in juice or syrup
Muffins	Fruit crisps	Mixed meals with sauce (chop suey, beef bourguignon, etc.)
Cake	Chips	Pasta dishes with sauce (spaghetti with tomato sauce)
Toast	Pretzel	Traditional soups: pasta, rice and / or vegetable
Cheese, non melted	Popcorn	Cream soups with chunks or pieces
Spreadable cheese	Cereal bars « granola type »	Yogurt with pieces of fruit
Peanut butter	Fudge	Soft boiled egg, poached egg, fried egg
Boiled egg	Granular foods (firm, with little cohesion)	Foods that change phases (melt or liquify)
Mashed potato	Couscous	Jello
Pureed pasta or pie crust	Minced meats	Ice cream or ice milk
Soft or fruit filled cookies (soft oatmeal, date, etc.)	Rice (long grain, steamed, etc.)	Sherbet
Puff pastry	Chopped nuts	Aspic
Caramel sauce, chocolate	Corn kernels	Slush (or other frozen drink made with crushed ice, margarita etc.)
Honey and molasses	Frozen peas	Popsicles
Chocolates		Ice cream bars Ie : Revello™
Cheese sauce		Fudgsicles™
Jujubes, chewy candy		
Chips		
Popcorn		
Soft cereal bars		
Fudge and maple cream		

Source : Online « Manuel de Nutrition Clinique » & APNED 2009