

Possible risks of dysphagia diets

Dysphagia diets involve changing the texture of food (for example, mincing or pureeing) or thickening liquids to make them easier or safer to swallow.

While these changes can be helpful, they also come with possible risks. Some people may get fewer nutrients or enjoy food less, which can affect their health and quality of life.

Talk to your doctor or speech-language pathologist to understand the possible benefits and risks of modifying your diet.

The lists below include some risks that have been reported in clinical studies.

Altered food textures	Thickened liquids
<ul style="list-style-type: none">• May lead to malnutrition	<ul style="list-style-type: none">• May lead to dehydration
<ul style="list-style-type: none">• May cause dehydration	<ul style="list-style-type: none">• May increase risk of respiratory infection
<ul style="list-style-type: none">• May make it harder to recover from illness	<ul style="list-style-type: none">• May make it harder to recover from illness
<ul style="list-style-type: none">• May lower quality of life	<ul style="list-style-type: none">• May cause constipation
	<ul style="list-style-type: none">• May increase risk of urinary tract infection
	<ul style="list-style-type: none">• May slow down digestion
	<ul style="list-style-type: none">• May make medications less effective
	<ul style="list-style-type: none">• May cause a constant feeling of thirst
	<ul style="list-style-type: none">• May lower quality of life

Disclaimer: This handout is for educational purposes only and is not intended as medical advice. Please speak with your healthcare provider before making any changes to your diet.

References

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