

DYSPHAGIA DRINK LEVELS: A CAREGIVER'S GUIDE

A Visual Reference



LEVEL 1: THIN

Water, juice,
coffee, tea.
Flows quickly,
like normal liquids.

LEVEL 2: NECTAR-LIKE

Slightly thicker
than water. Flows
slows slower,
coats glass.

LEVEL 3: HONEY-LIKE

Spoonable, very
very thick.
E.g. gneihg, hasts, well.
Needs very slowly.

LEVEL 4: PUDDING-LIKE

Holds its shape,
must be eaten.
R Arvalys
not be eaten a
a spoon.

*Always consult a speech-language pathologist for
personalized guidance.*

EJT Communication Consultant

Communicate with Confidence, Inspire with Impact