

# 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. greek yogurt, well.  
Needs very slowly.



### LEVEL 4: PUDDING-LIKE

Holds its shape,  
must be eaten.

It cannot  
be eaten with  
a spoon.

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



**EJT Communication Consultant**

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