

DYSPHAGIA LEVELS: A CAREGIVER'S GUIDE

LEVEL 1: PUREED

Thick, pudding-like, no lumps.
Requires no chewing.

E.g. smooth yogurt,
pureed fruits/
fruits/vegetables,
cream soups.



LEVEL 2: MINCED & MOIST

Soft, moist, small pieces
(max 1/4 inax 1/2 inch).
Easily mashed with fork.

E.g. ground meats with sauce,
soft cooked vegetables,
mashed bananas



LEVEL 3: SOFT & BITE-SIZED

Soft, tender, chewable
pieces (max 1/3 inch).
Needs some chewing.

E.g. soft cooked fish, well,
well-cooked pasta, soft
breads without crusts.



REGULAR (WITH MODIFICATIONS)

Most textures, but may
need adaptions. Avoid hard,
hard, dry, crunchy, sticky.

Always with liquid.
E.g. moist sandwiches,
tender meats,
most fruits.



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

EJT Communication Consultant

Communicate with Confidence, Inspire with Impact