

# 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 in x 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 1/2 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 adaptations. Avoid hard,  
and 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**

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