

DYSPHAGIA DIET LEVELS

A Reference for Speech-Language Pathologists

LIQUIDS	
Thin	Flows fast like water, can drink through straw
Slightly thick	Requires a little more effort to drink than thin liquids, thicker than water, can drink through straw
Mildly thick	Flows off a spoon, but slower than thin liquids, mild effort to suck through straw
Moderately thick	Can be drunk from a cup, moderate effort to suck through straw, doesn't retain its shape, can be eaten with a spoon but not a fork
SOLIDS	
Extremely thick (pureed)	Eaten with a spoon, doesn't flow easily, can't be drunk from a cup, doesn't require chewing, no lumps, not sticky
Minced & moist	Can be eaten with fork or spoon, can be scooped and shaped on a plate, no separate thin liquid, small lumps visible and easy to squash with tongue
Soft & bite-sized	Can be eaten with fork, spoon, or chopsticks, can be mashed with utensils but knife not required to cut the food, soft, tender, and moist with no separate thin liquid, chewing required, pieces are bite-sized
Easy to chew	Everyday soft or tender foods, includes mixed consistency foods but not hard, tough, chewy, fibrous, stringy, crunchy, or crumbly bits, seeds, husks, or bones
Regular	Everyday foods, including mixed consistencies and foods that are hard, tough, chewy, fibrous, stringy, crunchy, or crumbly bits, seeds, husks, or bones

Visit the IDDSI for more information about the framework:

<https://iddsi.org/Framework>