

# Dysphagia Diet Consistencies (For People With Swallowing Problems)

## Liquid Consistency

Thickened liquids should be smooth (without lumps, chunks or pulp) and be thickened to the following (checked) consistency.

**Thin (level 0):** Flows like water.

Examples include:

- milk
- juice
- coffee, tea
- soda, carbonated beverages
- ready-to-drink nutrition beverages.

**Mildly thick (level 2):** Pours quickly from a spoon but slower than thin liquids (consistency of apricot nectar).

**Moderately thick (level 3):** Pours from a spoon when tilted and does not stick to the spoon (thicker than mildly thick).

**Extremely thick (level 4):** Falls off spoon in a single spoonful when tilted and holds shape on a plate. Cannot be drank.

No solids that can melt in your mouth and become a thin liquid are allowed on a thickened liquids above level 0 diet (ice cream, sherbet, plain gelatin).

## Food Consistency

### Pureed (level 4)

- No chewing is needed (no lumps or sticky foods).
- Food falls off a spoon in a single spoonful when tilted and holds its shape on a plate.
- Liquids must not separate from solids.

Examples include:

- pudding
- mashed potatoes with thick gravy
- custard
- applesauce
- custard-style yogurt.

### Minced and moist (level 5)

- Little chewing is needed.
- All foods must be soft and moist.
- All foods must be minced to 1/8-inch size (for adults) or able to fit between the prongs of a fork.
- Liquids must not separate from solids.

Examples include:

- canned, drained minced fruit (no pineapple)
- scrambled eggs
- well-cooked vegetables (no corn or peas)
- cottage cheese
- tuna and egg salad.

**All of these foods must be minced to 1/8-inch size.**

### Soft and bite-size (level 6)

- Foods need to be chewed before swallowing.
- All foods must be soft and moist.
- Foods must be bite-size and no larger than 1/2 inch (for adults). **(over)**
- Liquids must not separate from solids.

Examples include:

- all foods on level 4 or level 5
- moist foods no larger than ½ inch in size
- pre-gelled (soaked) breads (recipe below).  
Regular bread or bread-like products (cake, cookies) are **not** allowed.

## Regular diet (level 7)

This diet has no restrictions.

## Whom to Call With Questions

Call your dietitian or speech language pathologist (SLP) if you have questions about dysphagia diet consistencies.

### Pre-gelled Bread

Makes 2 servings

#### Ingredients

1 tablespoon + 2 teaspoons vegetable broth  
1 tablespoon gelatin powder  
2 slices bread (any kind)  
nonstick cooking spray

#### Directions

1. In a shallow pan, combine broth and gelatin. Stir.
2. Add bread to pan in a single layer. Allow to soak in gelatin mixture for 2 minutes. Use a spatula to flip bread and allow to soak for 1 more minute. Make sure bread is completely soaked in the gelatin mixture.
3. Spray another pan with nonstick cooking spray. Use a spatula to transfer soaked bread to prepared pan. Place in the refrigerator for 2 hours or until gelatin has set.
4. Remove from refrigerator and allow to sit at room temperature for 1 hour.
5. Enjoy!

