



Food Consistencies for Dysphagia/Swallowing Disorders

Thin liquids	Thick liquids	Puree solids	Soft solids	Mixed Consistency	Hard solids
<ul style="list-style-type: none"> ○ Water ○ Tea ○ Coffee ○ Juice ○ Soda ○ Chicken broth ○ Vegetable broth ○ Ice cream ○ Jell-O ○ Frappuccinos ○ Milk ○ Chocolate milk ○ Eggnog ○ Broth ○ Sherbet ○ Liquid nutritional supplements 	<ul style="list-style-type: none"> ○ Cream based soups (thick) ○ V8 juice ○ Milkshakes ○ Spaghetti sauce ○ Honey ○ Syrup ○ Gravy ○ Mayonnaise ○ Ketchup ○ Mustard ○ Buttermilk 	<ul style="list-style-type: none"> ○ Oatmeal without milk ○ Cream of wheat without milk ○ Applesauce ○ Pudding ○ Mashed potatoes ○ Cream cheese ○ Jelly/jam ○ Mashed yams ○ Custard ○ Grits (plain) ○ Yogurt ○ Avocado ○ Cheesecake without crust ○ Tapioca pudding 	<ul style="list-style-type: none"> ○ Berries ○ Cooked vegetables ○ Canned fruit ○ Eggs ○ Deli meat ○ White bread ○ Tuna salad ○ Chicken salad ○ Casseroles ○ Baked fish ○ Banana ○ Pancakes ○ Waffles ○ Cooked pasta ○ Doughnuts ○ Plain/cheese omelet ○ Scrambled eggs ○ Soft/fresh baked cookies ○ Brownies ○ Pound cake ○ Birthday cake ○ Tofu ○ Hamburger/hotdog bun ○ Strained baked beans ○ Pastries 	<ul style="list-style-type: none"> ○ Fruit cups ○ Vegetable soup ○ Chicken noodle soup ○ Cereal ○ Various casseroles ○ Oatmeal with milk ○ Oranges ○ Watermelon ○ Mandarins ○ Lasagna ○ Tomatoes ○ Omelet with added items ○ Grapefruit 	<ul style="list-style-type: none"> ○ Granola ○ Toast ○ Baked pizza dough ○ Bagel ○ Pieces of meat ○ Hard candies ○ Raw vegetables ○ Apples ○ Nuts ○ Candy bars ○ Seeds ○ Dry fruit ○ Hard cookies ○ Fried foods ○ Stringy foods ○ Chips ○ Popcorn ○ Potato skins ○ Crackers ○ Pickles

*Be cautious of lettuce, rice and seeds

Food Consistencies for Dysphagia/Swallowing Disorders

Diet classifications:

- Therapeutic diet: diet changes made due to a medical condition (cardiac diet, no sodium, no sugar...)
- Mechanical diet: diet changes made due to a limitation (Dysphagia/swallowing disorder)

Different diet types:

- Regular diet with thin liquids: no restrictions food or drink restrictions
- Regular diet with thick liquids: no food restrictions, liquids have to be thickened
- Puree diet: all food items have to be presented in a puree form (blended)
- Mechanical soft diet: all food items have to be equal to or less than soft solids
- Mechanical chopped: all food items have to be bite size pieces
- Ground meat: meats have to be ground/pureed