





























	Breads	Cereals	Desserts	Fruits	Meats	Potatoes	Vegetable
7 REGULAR Description/characteristics <ul style="list-style-type: none"> • Normal, everyday foods of various textures that are developmentally and age appropriate • Any method may be used to eat these foods • Foods may be hard and crunchy or naturally soft • Includes hard, tough, chewy, fibrous, stringy, dry, crispy, crunchy, or crumbly bits • Includes food that contains pips, seeds, pith inside skin, husks or bones 	 Crusty breadstick	 Raisin Bran with Milk	 Brownie with nuts	 Fresh Peach	 Chicken Breast	 Boiled Red Potatoes	 Whole Green Beans
6 SOFT & BITE-SIZED Description/characteristics <ul style="list-style-type: none"> • Can be eaten with a fork, spoon or chopsticks • Can be mashed/broken down with pressure from fork, spoon or chopsticks • A knife is not required to cut this food, but may be used to help loading a fork or spoon • Chewing is required before swallowing • Soft, tender and moist throughout but with no separate thin liquid • 'Bite sized' pieces as appropriate for size and oral processing skills (Pediatric 8 mm; Adults 1.5 cm) 	 Soft breadstick	 Flakes with Milk	 Frosted Brownie - no nuts	 Peach Slices	 Diced Chicken with gravy	 Boiled Potato - no skin	 Diced Green Beans
5 MINCED & MOIST Description/characteristics <ul style="list-style-type: none"> • Can be eaten with a fork or spoon • Could be eaten with chopsticks, in some cases, if the individual has very good hand control • Can be scooped and shaped (e.g. into a ball shape) on a plate • Soft and moist with no separate thin liquid • Small lumps visible within the food (Pediatric 2 - 4 mm; adult 4mm) • Lumps are easy to squash with tongue 	 Slurried breadstick	 Flakes with (more) Milk	 Slurried Brownie	 Diced Peach Slices	 Ground Chicken with gravy	 Diced Potatoes with gravy	 Diced Green Beans
4 PUREED EXTREMELY THICK Description/characteristics <ul style="list-style-type: none"> • Usually eaten with a spoon (a fork is possible) • Cannot be drunk from a cup • Cannot be sucked through a straw • Does not require chewing • Can be piped, layered or molded • Shows some very slow movement under gravity but cannot be poured • Falls off spoon in a single spoonful when tilted and continues to hold shape on a plate • No lumps • Not sticky • Liquid must not separate from solid 	 Pureed breadstick	 Farina	 Pureed Brownie	 Pureed Peaches	 Pureed Chicken with gravy	 Mashed Potatoes with gravy	 Pureed Green Beans