

DYSPHAGIA DIET LEVELS

IF YOU HAVE QUESTIONS ABOUT THESE GUIDELINES,
CONSULT WITH A SPEECH-LANGUAGE PATHOLOGIST

FOOD TEXTURES

1 PUREE

Food with a very smooth consistency or foods that have been well processed in a blender to a very smooth consistency or texture. No solid pieces or parts can be noticed in the food.

2 MECHANICALLY ALTERED

Food that is moist, soft-textured, and easily formed into a rounded ball in the mouth. Meats are ground or minced into pieces no larger than a quarter inch; all pieces are moist and stick together slightly.

3 MECHANICALLY ADVANCED

Food cut into even bite-size pieces that is moist throughout and cannot include any food that is hard, sticky, or crunchy.

4 REGULAR

All food textures allowed.

LIQUID TEXTURES



THIN LIQUIDS



NECTAR-THICK



HONEY-THICK



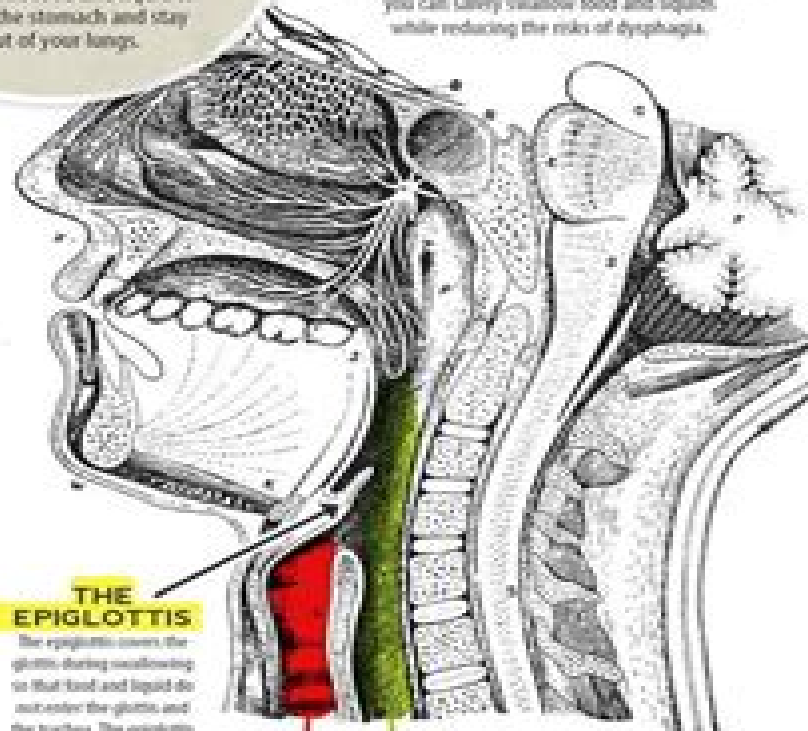
PUDDING-THICK

the SWALLOW

is a series of chambers & valves that allows food and liquid to get to the stomach and stay out of your lungs.

Swallowing disorders, also called **dysphagia** (dis-BAY-jah), can result in choking, aspiration pneumonia, dehydration, weight loss, and malnutrition.

Altering textures of food and liquid ensures that you can safely swallow food and liquids while reducing the risks of dysphagia.



THE EPIGLOTTIS

The epiglottis covers the glottis during swallowing so that food and liquid do not enter the glottis and the trachea. The epiglottis carries food to safely and lead towards the stomach.

LUNGS

STOMACH

ASPIRATION PNEUMONIA

is a lung infection that develops after you aspirate (inhale) food, liquid, or vomit into your lungs.



1 IN 25 ADULTS

will experience a swallowing problem in the United States each year.
(Shankarappa, 2016)

PLEASE SEE REVERSE SIDE FOR SPECIFIC EXAMPLES

Swallow Feet Manual Guide

Judd E. Hollander



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