

9C: FOOD TEXTURE AND LIQUID CONSISTENCY VISUAL CHART

Foods and liquids come in a variety of different textures and consistencies. For children who may experience challenges with eating and drinking, finding the right food texture and liquid consistency that is easiest and safest is essential.

FOOD TEXTURES



1. PUREED



2. MINCED AND MOIST



3. SOFT AND BITE-SIZED



4. REGULAR

LIQUID CONSISTENCIES



1. THIN LIQUIDS



2. SLIGHTLY THICK LIQUIDS



3. MILDLY THICK LIQUIDS

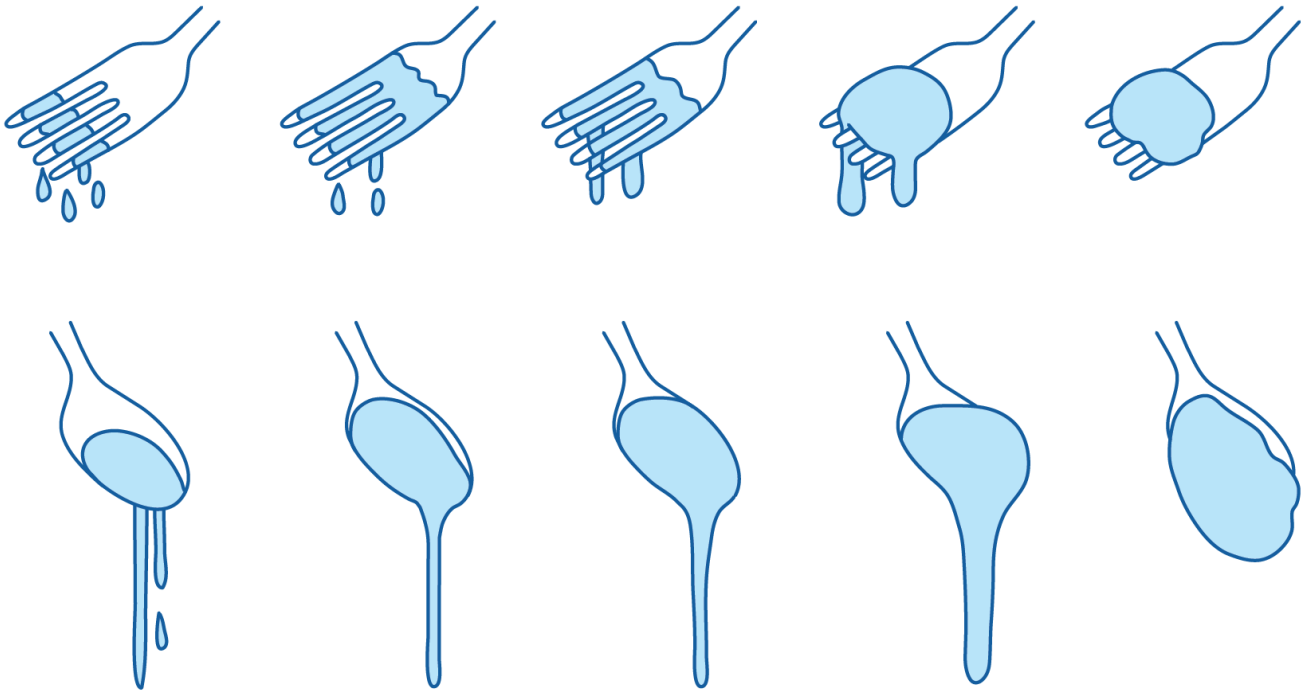


4. MODERATELY THICK LIQUIDS



5. EXTREMELY THICK LIQUIDS

LIQUID CONSISTENCIES – FORK AND SPOON TEST



1. THIN
LIQUIDS

2. SLIGHTLY
THICK LIQUIDS

3. MILDLY
THICK LIQUIDS

4. MODERATELY
THICK LIQUIDS

5. EXTREMELY
THICK LIQUIDS

