

7 Level 7 Regular

How does Level 7 Regular diet look like?



Normal everyday foods of various textures and sizes
Foods may be hard, crunchy or naturally soft



**Food can have seeds,
bones, or skin**



**Includes 'mixed' consistencies
(e.g. soup noodles, cereal with milk)**

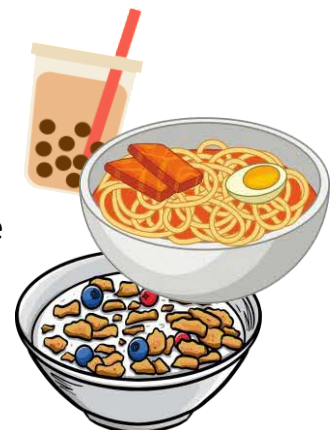
Level 7 Regular Diet may be suitable if you/your loved one:

- Can bite and chew all food textures without getting tired easily



What are mixed consistency foods?

- Foods that contain both food pieces and liquids (e.g. gravy or soup)
- Fluids may flow towards the back of the throat while we chew on the food pieces. This can be dangerous for people with dysphagia.
- Examples of mixed consistency foods include cereal with milk, soupy noodles, bubble tea and watermelon.



Level 7 Easy to Chew

How does Level 7 Easy to Chew diet look like?



Normal everyday food that are soft



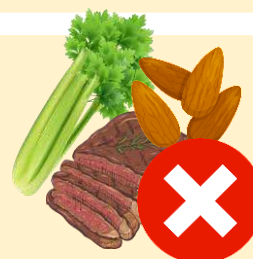
Food pieces of any size



May include 'mixed' consistency food



Food must be **SOFT!**
Does not include hard, tough, chewy, fibrous, crunchy foods



Level 7 Easy to Chew Diet may be suitable if you/your loved one:

- Find it difficult or painful to eat harder food
- Can bite and chew soft food without getting tired easily



Examples



Soft vegetables
Remove the stems if it's too fibrous.



Soft fish



Soft chicken



Mee Rebus

What are mixed consistency foods?

- Foods that contain both food pieces and liquids (e.g. gravy or soup)
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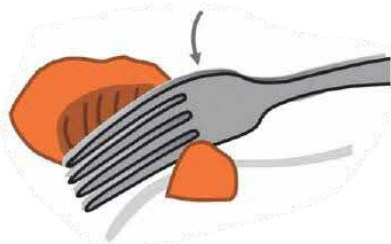


Level 7 Easy to Chew

Food to avoid for Level 7 Easy to Chew:

Types of food	Examples
Stringy and fibrous food	Orange, string beans, kangkong
Fruit or vegetables with skin	Grapes, apples, long beans
Crunchy or crumbly food	Toast, flaky pastry, murukku
Chewy or sticky food	Soon kueh, Bak zhang, Beef jerky
Hard food	Nuts, steak
Slippery food	Agar agar, grass jelly, beancurd, fishball

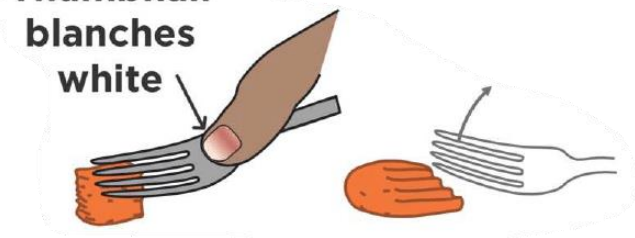
How do I check whether the food is of the right texture?



Food must **break apart easily** with the side of a fork or spoon.



**Thumbail
blanches
white**



To make sure the food is **soft enough**, press down on the fork with enough pressure that your **thumbail turns white**.

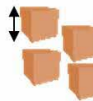
Food should **completely squashed** and **does not** regain its shape.

Level 6 Soft & Bite-sized

How does Level 6 Soft & Bite-sized diet look like?



ADULT
15x15mm



15mm



CHILD
8x8mm



8mm



- Soft and moist
- No separate liquid dripping from the food
- Sauce should be thickened

“Bite-sized” food, no bigger than:

- 15 x 15mm for adults
(1.5cm pieces)
- 8 x 8mm for children



Chewing is still needed



Food is easily mashed

Level 6 Soft & Bite-Sized Diet may be suitable if you/your loved one:

- Cannot bite off food but is still able to chew smaller pieces of food
- Find it painful or tiring to chew
- Have missing teeth or dentures
- Cannot take mixed consistencies safely
(E.g. soupy noodles, cereal with milk)



Examples

Thick porridge,
with no separate
thin fluids



Soft and bite-sized fish
and vegetable pieces

- No bigger than 15 x 15mm (adults)
- Served with mildly or moderately thick gravy



Cut up mee rebus



Yam cake

Level 6 Soft & Bite-sized

Food to avoid for Level 6 Soft & Bite-sized:

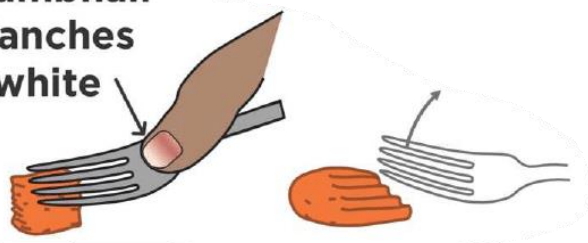
Types of food	Examples
Stringy and fibrous food	Orange, string beans, kangkong
Fruit or vegetables with skin	Grapes, apples, long beans
Crunchy or crumbly food	Toast, flaky pastry, murukku
Chewy or sticky food	Soon kueh, bak zhang, beef jerky
Hard food	Nuts, steak
Slippery food	Agar agar, grass jelly, beancurd, fishball
Mixed consistency food	Juicy fruits like watermelon and orange, noodle soup, watery rice porridge, popiah, tau suan

How do I check whether the food is of the right texture?



Food piece should be **no bigger than 15mm x 15mm** for adults
(approximately the width of dinner fork)

**Thumb nail
blanches
white**

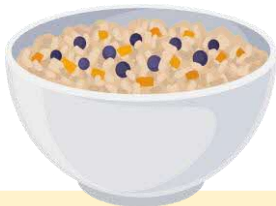


To make sure the food is **soft enough**, press down on the fork with enough pressure that your **thumb nail turns white**.

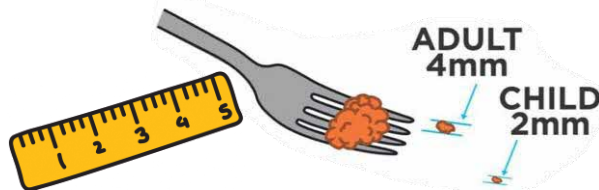
Food should **completely squashed** and **does not** regain its shape.

Level 5 Minced & Moist

How does Level 5 Minced & Moist diet look like?



Soft and moist with no separate thin liquid (i.e. sauce/liquid does not drip from food)



Small lumps visible within the food
No bigger than:

- 4x15mm for adults
- 2x8mm for children



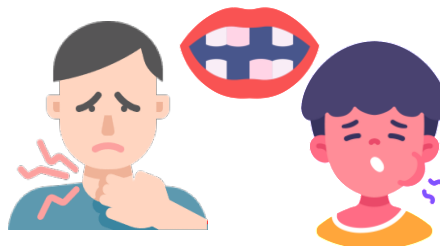
Lumps are easily mashed with tongue



Minimal chewing required

Level 5 Minced & Moist Diet may be suitable if you/your loved one:

- Have some chewing ability
- Find it painful or tiring to chew
- Can use tongue to mash up food
- Have missing teeth or loose dentures



Examples



Thick porridge (with no separate thin fluids)



Minced meat

- Served with mildly, moderately or extremely thick gravy
- Drain excess gravy



Minced vegetables

Level 5 Minced & Moist

Food to avoid for Level 5 Minced & Moist:

Types of food	Examples
Stringy and fibrous food	Orange, string beans, kangkong
Fruit or vegetables with skin	Grapes, apples, long beans
Crunchy or crumbly food	Toast, flaky pastry, murukku
Chewy or sticky food	Soon kueh, bak zhang, beef jerky
Hard food	Nuts, steak
Slippery food	Agar agar, grass jelly, beancurd, fishball
Mixed consistency food	Juicy fruits like watermelon and orange, noodle soup, watery rice porridge, popiah, tau suan

How do I check whether the food is of the right texture?



Food is soft enough to **squash easily** with a fork or spoon.

Food piece should be no larger than **4mm x 15mm** for adults (fits between the fork prongs)

4 Level 4 Pureed

How does Level 4 Pureed diet look like?



Liquid must NOT separate from solids



Smooth texture with no lumps



Is not sticky
Does not stick to cheeks, teeth, roof of mouth or throat



Chewing is not needed

Level 4 Pureed Diet may be suitable if you/your loved one:

- Is unable to bite or chew
- Find it painful or tiring to chew
- Have poor tongue strength
- Have missing teeth or loose dentures



Examples



4

Level 4 Pureed

Food to avoid for Level 4 Pureed:

You can generally blend up food to meet Level 4 Pureed consistency. However, you may want to avoid blending these types of food as it may still have lumps or fibres even after blending

Types of food	Examples
Stringy and fibrous food	Orange, string beans, kangkong
Fruit or vegetables with skin	Grapes, apples, long beans
Meat with tendon	Certain meat cuts
Hard food	Nuts, pumpkin seeds

How do I check whether the food is of the right texture?



Food should be **smooth and lump free**



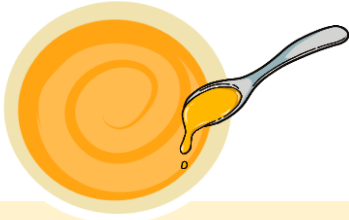
Food **sits in a mound** above the fork. It should not flow continuously through the fork prongs.

Food **falls off the spoon easily** when the teaspoon is tilted or flicked lightly. This means food is **not firm and sticky**.

3

Level 3 Liquidised

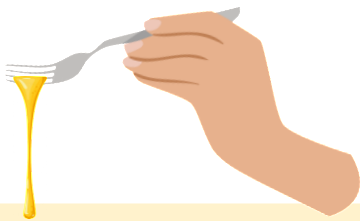
How does Level 3 Liquidised diet look like?



- Smooth texture with no lumps
- Can be eaten with a spoon or drunk from a cup



Cannot retain its shape



More runny than Level 4 pureed



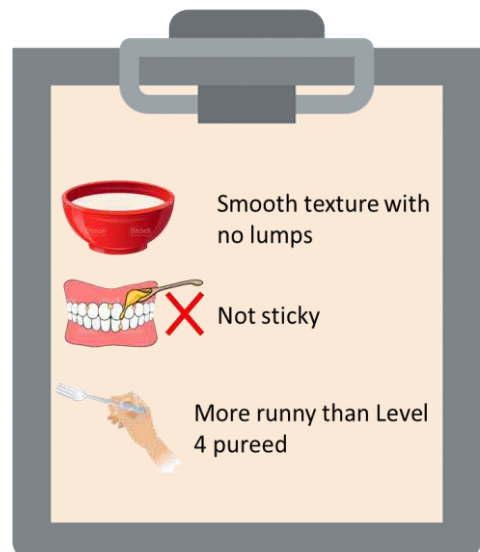
- No chewing is needed
- Food can be swallowed directly

Level 3 Liquidised Diet may be suitable if you/your loved one:

- Have poor tongue strength
- May need time to control food in the mouth
- Find it painful or tiring to chew or swallow
- Have missing teeth or loose dentures



Examples





Level 3 Liquidised

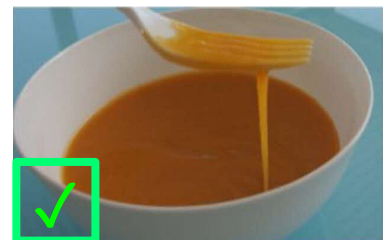
Food to avoid for Level 3 Liquidised:

You can generally blend up food to meet Level 3 Liquidised consistency.

However, you may want to avoid blending these types of food as it may still have lumps or fibres even after blending

Types of food	Examples
Stringy and fibrous food	Orange, string beans, kangkong
Fruit or vegetables with skin	Grapes, apples, long beans
Meat with tendon	Certain meat cuts
Hard food	Nuts, pumpkin seeds

How do I check whether the food is of the right texture?



Food should be **smooth and lump free**

Food should drip slowly through the fork prongs



Easily pours from spoon when tilted.
This means food is **not firm and sticky**.