



OPWDD Choking Prevention Initiative
Food Consistency Terminology
 PHYSICIAN'S REFERENCE (SEE BOTH SIDES)

Term	How to Prepare	Size	Description	Examples
Whole	Prepared according to recipe	As prepared	No changes	Moist, tender cooked chicken breast
1" Pieces Cut to size	Cut by staff	Cut into 1" pieces	Pieces of food approximately the width of a fork	Moist, tender cooked chicken breast cut in 1" pieces
½" Pieces Cut to Size	Cut by staff	Cut into ½" pieces	Moist, tender pieces of food approximately the width of a butter knife	Moist, tender cooked chicken breast cut in ½" pieces
¼" Pieces Cut to Size	Cut by staff	Cut into ¼" pieces	Moist, tender pieces of food approximately the width of a #2 pencil	Moist, tender cooked chicken breast cut in ¼" pieces
Ground	Prepared using food processor or comparable equipment	Relish-like No larger than a grain of rice	Moist, cohesive, no larger than a grain of rice; relish – like in appearance, must be served with a low fat gravy, sauce or condiment	Moist, tender ground chicken served with low fat gravy
Puree	Prepared using food processor or comparable equipment	No lumps, food is not sticky, pasty or runny	Smooth, pudding like, moist	Moist, tender cooked chicken with lowfat gravy processed to smooth product with no lumps



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Physician's Reference (See Both Sides)

LIQUID CONSISTENCIES

5. **Thin Liquids:** Liquids/fluids/beverages are served without change
6. **Nectar Thick Liquids:** This is slightly thickened. (Spoon test: Liquid leaves spoon in a fine "ribbon" or "trail" when poured or stirred, similar to heavy syrup found in canned fruit, or to maple syrup.)
7. **Honey Thick Liquids:** This is thicker than nectar, closer to honey. (Spoon test: Liquid flows slowly from spoon but still pours, somewhat like a milkshake.)
8. **Pudding Thick Liquids:** This is the thickest. It does not pour, but drops from the spoon. (Spoon test: Liquid does not pour from the spoon, stands up in a product and requires spoon for eating.)



**Please order food/liquid consistency modifications in conjunction with clinical team recommendations.*

☑ Additional Steps to Ensure Safe Dining

- Use of appropriate adaptive dining equipment
- Proper seated positioning to enhance swallowing
- Avoid high-risk foods known to cause choking/aspiration
- Recommend supervision as necessary to promote safe and enjoyable dining

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