

Dietary Restrictions	
Maximum restrictions	Diet is two or more levels below a regular diet status in solid and liquid consistency
Moderate restrictions	Diet is two or more levels below a regular diet status in either solid or liquid consistency (not both),
	OR diet is one level below in both solid and liquid consistency.
Minimum restrictions	Diet is one level below a regular diet status in solid or liquid consistency.

Levels for Liquid	
Regular	No restrictions
Reduce one level	Nectar, syrup, mildly thick
Reduce two levels	Honey, moderately thick
Reduce three levels	Pudding, extra thick

Levels for Solids	
Regular	No restrictions
Reduce one level	Meats are cooked until soft, with no tough or stringy foods
	Might include meats like meat loaf, baked fish and soft chicken
	Vegetables are cooked soft
Reduce two levels	Meats are chopped or ground
	Vegetables are of one consistency (e.g. soufflé, baked potato) or are mashed with a fork
Reduce three levels	Meats and vegetables are pureed

Note: In Levels 3-5, some patients may meet only one of the “and/or” criteria listed. If you have difficulty deciding on the most appropriate level for an individual, use dietary level as the most important criterion if the dietary level is the result of swallow function rather than dentition only.

Dietary levels at FCM Levels 6 and 7 should be judged only on swallow function, and any influence of poor dentition should be disregarded.

Your facility's levels may not exactly match these, but please use these levels as a guide in scoring this FCM.