

SOLIDS	Description	Examples	Not Permitted (limited list)
Level 1: Purees	Smooth, no lumps/chunks, like baby food Many different textures	<ul style="list-style-type: none"> ✓ Applesauce ✓ Yogurt ✓ Pudding ✓ Oatmeal ✓ Cream of wheat ✓ Mashed potatoes 	<ul style="list-style-type: none"> ⊗ Whole/diced fruits and vegetables ⊗ Gum ⊗ All below
Level 2: Mechanically Altered/ Semi-Solid	Add pasta Finely minced, items that can be cut with a fork	<ul style="list-style-type: none"> ✓ Ground meats ✓ Deli meat ✓ Shredded/sliced cheese ✓ Pasta ✓ Well-cooked fruits/veggies ✓ Soft fruits (no skin, seeds, fibers, or pulp) ✓ Bananas ✓ Eggs ✓ Moistened cereal 	<ul style="list-style-type: none"> ⊗ Bread ⊗ Cubed cheese ⊗ All below
Level 3: Mechanically Advanced/Soft	Add unminced meats Add soft breads	<ul style="list-style-type: none"> ✓ French fries ✓ Thin crust pizza ✓ Cheese, generally ✓ Muffins/biscuits ✓ Soft cookies ✓ Rice ✓ Shredded lettuce 	<ul style="list-style-type: none"> ⊗ Bagels, hard breads ⊗ Corn/Peas ⊗ Salad ⊗ Grapes ⊗ Raisins ⊗ Pineapple ⊗ Nuts/granola ⊗ Peanut butter ⊗ Hot dogs ⊗ Bacon ⊗ Crispy fried food
Regular	No restrictions	<ul style="list-style-type: none"> ✓ Raw fruits, veggies ✓ Chewy bread ✓ Hard particle food (chips, popcorn, nuts) ✓ Thick crust pizza ✓ Peanut butter ✓ Bacon 	