



# 7 REGULAR



## Level 7 Regular for Adults

### What is this food texture level?

Level 7 – Regular Foods:

- ✓ Normal, everyday foods of various textures that are developmentally and age appropriate
- ✓ Ability to ‘bite off’ pieces of food is required
- ✓ Chewing ability is required for hard **and** soft food
- ✓ Ability to chew all types of food textures without tiring easily
- ✓ May include ‘mixed consistency’ foods (for example, cereal with milk or soup with vegetables pieces)
- ✓ Includes sandwiches



### Why is this food texture level used for adults?

Level 7 – Regular food may be used if you **do not** have problems with chewing or swallowing that would increase your risk for choking. Serve food as normal without restriction on the size of the pieces or the texture of the food.

### How do I test my food to make sure it is Level 7 Regular?

There are no specific tests for Level 7 Regular



**Intended for general information only. Please consult with your health care professional for specific advice for your needs**