

Diet Texture Progression

Diet Type	Size of Food	Oral Motor Patterns Needed
Pureed	0" - 1/8"	Suck or suckle pattern, lip and jaw closure
Ground	1/8" - 1/4"	The above, plus up and down jaw and tongue movement (munching pattern)
Chopped or Diced	1/4" - 1/2"	The above, plus side to side tongue movement, vertical and diagonal jaw movement, enough strength to break up the pieces
Regular	Bigger than 1/2"	The above, plus rotary jaw movement, enough strength to grind up formed solids