

## FAST FOOD CONSISTENCY GUIDE

- Food consistencies must be followed at all times.
- Liquid consistencies must be followed at all times. Look for “\*”. It may be necessary to bring a thickening agent with you to be added to fluids to achieve the correct consistency.
- Always bring a fork and knife along to cut food to the proper size. Do not rely on plastic utensils.
- This guide gives examples of food that may be appropriate for various food consistencies. It is not meant to be a complete dining guide. Remember to follow the prescribed diet.
- Check with the Occupational Therapist or Speech Pathologist for specific questions relating to food or liquid consistencies and with the Dietitian for specific questions related to diet limitations.

Restaurant	Cut-Up	Chopped	Ground	Pureed
<b><i>MacDonalds/ Burger King</i></b>				
Hamburger	Cut into ½” pieces	Cut into ¼”p. no roll	No	No
Big Mac	Cut into ½” pieces	Cut into ¼”p. no roll	No	No
Chicken Sandwich	Cut into ½” pieces	Cut into ¼”p. no roll	No	No
Fish Sandwich	Cut into ½” pieces	Cut into ¼”p. no roll	No	No
Fries	Cut into ½” pieces	Cut into ¼”pieces	No	No
Salad	Cut into ½” pieces	Cut into ¼”pieces	No	No
Pancakes w/ syrup	Cut into ½” pieces	Cut into ¼”pieces	No	No
<b><i>Wendy’s</i></b>				
Hamburger	Cut into ½” pieces	Cut into ¼” p. no roll	No	No
Chicken	Cut into ½” pieces	Cut into ¼” p. no roll	No	No
Chili	OK	OK	Mash with fork	No
Baked Potato	Cut into ½” pieces	Cut into ¼” pieces	No skin; Mash with fork until creamy	No
Potato Toppings	Cheese, butter, sour cream ; broccoli/cheese cut into ½” pieces	Cheese, butter, sour cream; broccoli/cheese cut into ¼” pieces	Cheese, butter and sour cream only	No
<b>Pizza</b>	Cut into ½” pieces	No	No	No

	<b>Cut-up</b>	<b>Chopped</b>	<b>Ground</b>	<b>Pureed</b>
<b><i>Boston Market</i></b>				
Chicken	<b>Cut into ½” pieces</b>	<b>Cut into ¼” pieces</b>	<b>No</b>	<b>No</b>
Ham	Cut into ½” pieces	Cut into ¼” pieces	No	No
Turkey	Cut into ½” pieces	Cut into ¼” pieces	No	No
Meat Loaf	Cut into ½” pieces	Cut into ¼” pieces	Mash with fork; add gravy to moisten	No
Mac. & Cheese	OK	Cut into ¼” pieces	Mash with fork and moisten	No
Mashed potatoes	OK	OK	OK	OK
Roasted potato	Cut into ½” pieces	Cut into ¼” pieces; No skin	Mash with fork; No skin	No
Mashed squash	OK	OK	OK	OK
Baked Beans	OK	OK	Mash with fork	No
Corn	OK	No	No	No
Cream spinach	OK	OK	OK	No
Salad	Cut into ½” pieces	Cut into ¼” pieces	No	No
Cole slaw	Cut into ½” pieces	Cut into ¼” pieces	No	No
Sliced Apples	Cut into ½” pieces	Cut into ¼” pieces	No	No
Gravy	OK	OK	OK	OK
<b><i>Subway</i></b>				
Sandwich	Cut into ½” pieces	Cut into ¼” pieces	No	No
Cold Cuts	Cut into ½” pieces	Cut in ¼” pieces	No	No
Tuna Salad	Cut into ½” pieces	Cut into ¼” p. No bread	No	No
Veggie Burger	Cut into ½” pieces	Cut into ¼” p. No bread; No celery or onions	Mash with fork; No bread, celery or onions; moisten with mayo	No
Cheese	Cut into ½” pieces	Cut into ¼” p. No bread	No	No
Salad type veggies	Cut into ½” pieces	Cut into ¼” pieces	No	No

	<b>Cut-Up</b>	<b>Chopped</b>	<b>Ground</b>	<b>Pureed</b>
<b><i>Ice Cream Store</i></b>				
Sundae (No Nuts); Ice cream in cups	OK*	OK*	OK*	OK*
Soft cone Ice Cream	Yes* Break cone in ½”pieces	Yes* No cone	Yes* ; No cone	Yes*; No cone
Milkshakes	Yes*	Yes*	Yes*	Yes*
<b><i>Chinese- No Hot and Spicy Foods</i></b>				
Steamed dumplings	Cut into ½” pieces	Cut into ¼” pieces	No	No
Sweet & Sour Chicken	Cut into ½” pieces	Cut into ¼” pieces	No	No
Boneless Chicken	Cut into ½” pieces	Cut into ¼” pieces	No	No
Shredded beef	Cut into ½” pieces	Cut into ¼” pieces	No	No
Beef w/ broccoli	Cut into ½” pieces	Cut into ¼” pieces	No	No
Sweet & Sour Pork	Cut into ½” pieces	Cut into ¼” pieces	No	No
Moo shu pork w/crepe	Cut into ½” pieces	Cut into ¼” pieces	No	No
Lo Mein	Cut into ½” pieces	Cut into ¼” pieces	No	No
Egg Foo Young	Cut into ½” pieces	Cut into ¼” pieces	No	No
Egg Roll	Cut into ½” pieces by cutting down the middle 2 times then cut into ½” pieces	NO	No	No
Egg Drop Soup	Yes*	Yes*	Yes*	Yes*

**Revised 10/30/02**