



OPWDD Choking Prevention Initiative

Food Consistency Terminology

Term	How to Prepare	Size	Description	Examples
Whole	Prepared according to recipe	As prepared	No changes	Moist, tender cooked chicken breast
1" Pieces Cut to size	Cut by staff	Cut into 1" pieces	Pieces of food approximately the width of a fork	Moist, tender cooked chicken breast cut in 1" pieces
½" Pieces Cut to Size	Cut by staff	Cut into ½" pieces	Moist, tender pieces of food approximately the width of a butter knife	Moist, tender cooked chicken breast cut in ½" pieces
¼" Pieces Cut to Size	Cut by staff	Cut into ¼" pieces	Moist, tender pieces of food approximately the width of a #2 pencil	Moist, tender cooked chicken breast cut in ¼" pieces
Ground	Prepared using food processor or comparable equipment	Relish-like No larger than a grain of rice	Moist, cohesive, no larger than a grain of rice; relish – like in appearance, must be served with a low fat gravy, sauce or condiment	Moist, tender ground chicken served with low fat gravy
Puree	Prepared using food processor or comparable equipment	No lumps, food is not sticky, pasty or runny	Smooth, pudding like, moist	Moist, tender cooked chicken with lowfat gravy processed to smooth product with no lumps

*See "High Risk Foods" and "Special Requirements for Hot Dogs and Sausages"

*Some individuals on whole diet may require boneless meats