

# Thickened fluids

## Speech Pathology

Thickened fluids are often recommended for children who have swallowing difficulties (dysphagia). All liquids need to be thickened if your child requires thickened fluids. These include water, expressed breast milk, milk, formula, juice and soft drinks.

### Food and drinks that are not safe for children who require thickened fluids:

Description	Why this is unsafe
<b>All drinks that are unthickened</b>	These are thin fluids and therefore unsafe if they have not been thickened. Talk to your child's speech pathologist about naturally thicker drinks like smoothies and milkshakes, to determine if these are safe for your child to drink.
<b>Liquid medications</b>	Some liquid medications are the consistency of thin fluids. Talk to your child's speech pathologist and paediatrician if your child is required to take liquid medications orally.
<b>Ice cream, icy poles or slushies</b>	Ice creams, icy poles and slushies can change consistency and melt as they are eaten, becoming thin fluids.
<b>Jelly</b>	Jelly can change consistency and melt when eaten, becoming a thin fluid.
<b>Runny yoghurt, pudding, custard, sauce, gravy</b>	Some types of yoghurts, custards, puddings, or sauces might be too thin.
<b>Juice in fruits</b> Examples: Watermelon, oranges, grapes, tinned fruit in juice	The juice in these fruits is a thin fluid.
<b>Soup</b>	Soup can change consistency at different temperatures and might be too thin for your child to eat safely.
<b>Mixed consistency foods</b> Examples: vegetables in broth, cereal with milk, fruit in juice	Mixed consistency foods such as vegetables in broth have a solid component (vegetables) and a liquid component (broth), and the liquid component is a thin fluid.

Please note that this is not an exhaustive list. Talk to your child's speech pathologist for more information about how certain foods and drinks may be modified to make them safe for your child to have.

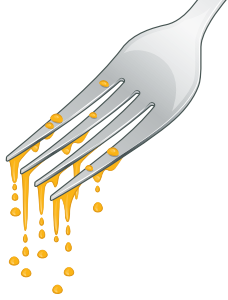



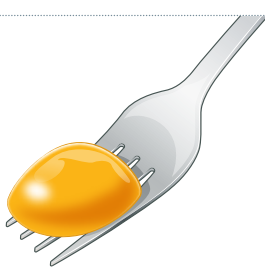
**Recommendations for your child:** .....

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## Levels of fluid thickness:

Level	Description	
<b>Thin</b> IDDSI Level 0	<ul style="list-style-type: none"> <li>• Regular fluids that have not been thickened.</li> <li>• Flows like water.</li> <li>• Thin fluids will flow quickly through a fork leaving no residue or coating.</li> </ul>	
<b>Slightly thick</b> IDDSI Level 1	<ul style="list-style-type: none"> <li>• Thicker than water.</li> <li>• Flows through a straw or teat.</li> <li>• Requires a bit more effort to drink than thin fluids.</li> <li>• Slightly thick fluids will flow quickly through a fork leaving little to no residue or coating.</li> </ul>	
<b>Mildly thick</b> IDDSI Level 2	<ul style="list-style-type: none"> <li>• Can be sipped.</li> <li>• Pours quickly from a spoon, but slower than thin fluids.</li> <li>• Requires mild effort to be sucked through a straw.</li> <li>• Mildly thick fluids will flow through the prongs of a fork slower than slightly thick fluids and will leave more of a residue or coating.</li> </ul>	
<b>Moderately thick</b> IDDSI Level 3	<ul style="list-style-type: none"> <li>• Can be eaten with a spoon, no chewing is required.</li> <li>• Can be drunk from a cup.</li> <li>• Can be sucked through a straw with moderate effort.</li> <li>• Moderately thick fluids will drip slowly through the prongs and thus can't be eaten with a fork.</li> </ul>	
<b>Extremely thick</b> IDDSI Level 4	<ul style="list-style-type: none"> <li>• Can be eaten with a spoon or fork.</li> <li>• No chewing required—there should be no lumps and it should not be sticky.</li> <li>• Cannot be drunk from a cup.</li> <li>• Cannot be sucked through a straw.</li> <li>• Extremely thick fluids can be eaten with a fork as they will not drip through the prongs.</li> </ul>	

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