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THICKENED LIQUID

Thickened liquid is often recommended for individuals who have difficulty swallowing. Thickened liquid moves more slowly, which makes it easier to control during swallowing and thereby reduces the risk of liquid being aspirated into the lungs. There are different levels of thickened liquid:

 THIN Level 0 Thin liquid flows like water, with a fast flow. It can be drunk through any type of teat/nipple, sipping spout or straw. E.g.: milk, juice, water, pop, tea, coffee, clear soup broth	
 SLIGHTLY THICK Level 1 Slightly Thick liquid is thicker than water, but will still flow through a teat/nipple, sipping spout or straw. E.g.: tomato juice, commercial infant formula	
 MILDLY THICK Level 2 Mildly Thick liquid pours quickly from a spoon, but more slowly than thin liquid. It requires mild effort to drink from a standard bore straw (5.3 mm diam.) E.g.: eggnog, buttermilk	
 MODERATELY THICK Level 3 Moderately Thick liquid drips slowly in dollops through the tines of a fork. It can be sipped or taken with a spoon, and requires moderate effort to drink through standard bore or wide bore (6.3 mm diam.) straw. Liquid must not separate from solid. E.g.: fruit syrup	
 EXTREMELY THICK Level 4 Extremely Thick liquid cannot be poured and holds its shape on a spoon. It is a smooth, non-sticky consistency with no lumps. Liquid must not separate from solid. E.g.: pudding, yogurt, applesauce	

Client Name: _____

Recommendations:

- Thickness Level: _____
- Avoid mixed consistency foods (thin liquid combined with solids)
E.g. broth soup with solids, cold cereal with milk, canned fruit with juice, watery fruit like watermelon, oranges
- Avoid foods that melt in the mouth and turn into thin liquids
E.g.: ice cream, frozen yogurt, sherbet, slushes, milkshakes, Jell-O

Therapist: _____ **Date:** _____