

# Unmodified – Regular Fluids

## Unmodified – regular fluids

### Thin fluids may be particularly difficult to swallow because:

- They are very free flowing and spread quickly in the mouth and throat
- They require very good oral control to keep them in the mouth
- Effective tongue action is required to collect, channel and guide the fluids prior to swallowing
- Water is often the most difficult of the thin fluids to control as it has no taste and is extremely free flowing.

### Characteristics of unmodified – regular fluids:

- Can be thin (eg water, breast milk) or thick (eg fruit nectar, creamy soup)
- No thickening agents added to them
- Very fast flow
- Can drink through any type of teat, cup or straw as appropriate for age and skills.

Unmodified – regular fluids examples	
Thin	Thick (Naturally thick fluids)
<ul style="list-style-type: none"> <li>• Water</li> <li>• Tea</li> <li>• Coffee</li> <li>• Clear soups</li> <li>• Alcoholic beverages</li> <li>• Cordial</li> <li>• Carbonated drinks eg lemonade, coke</li> <li>• Fruit juice eg pineapple, apple</li> <li>• Milk.</li> </ul>	<ul style="list-style-type: none"> <li>• Apricot/peach nectar</li> <li>• Fruit syrups</li> <li>• Tomato juice</li> <li>• Prune juice</li> <li>• Pureed fruit juices</li> <li>• Vegetable juice</li> <li>• Milkshakes</li> <li>• Creamy soups.</li> <li>• Buttermilk.</li> </ul>



## Mildly thick fluids

Mildly thick fluids are thicker than naturally thick fluids such as fruit nectars but not as thick as a thickshake. Fluids at this thickness run fast through the prongs of a fork, but leave a mild coating on the prongs.



### Characteristics of mildly thick fluids:

- Added thickening agents
- Pours quickly from a cup but slower than regular, unmodified fluids
- May leave a coating film of residue in the cup after being poured
- Can drink this fluid thickness from a cup
- Effort required to take this thickness via a standard bore straw
- Steady, fast flow.

### Mildly thick fluids examples

- Pureed fruit sauces
- Smoothies
- Ice cream
- Thick shakes
- Thin yoghurts
- Thin custards
- Thick soups.

Dietitians Association of Australia and The Speech Pathology Association of Australia Limited. (2007). *Texture-modified foods and thickened fluids as used for individuals with dysphagia: Australian standardised labels and definitions*. Nutrition & Dietetics. 64 (Suppl 2), p 73.

