

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 74.