

Moderately Thick Fluids

Moderately thick fluids are similar to the thickness of room temperature honey or a thickshake. Fluids at this thickness slowly drip in dollops through the prongs of a fork.



Characteristics of moderately thick fluids:

- Cohesive and pours slowly
- Possible to drink directly from a cup although fluid flows very slowly
- Difficult to drink using a straw, even if using a wide bore straw
- Spooning this fluid into the mouth may be the best way of taking this fluid
- Slow flow rate.

Moderately thick fluids examples

- Thick pouring yoghurt
- Thick pouring custard
- Canned soups without additional water added.
- Homemade jellies
- Gravy.

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 75.

