

Extremely Thick Fluids

Extremely thick fluids are similar to the thickness of pudding or mousse fluids. Fluids at this thickness sit on and do not flow through the prongs of a fork. This fluid is *too thick* if the spoon is able to stand upright in it unsupported.



Characteristics of extremely thick fluids:

- Cohesive and holds its shape on a spoon
- Not possible to pour this type of fluid from a cup into the mouth
- Not possible to drink this thickness using a straw
- Spoon is the optimal method for taking this type of fluid
- Has no flow.

Extremely thick fluids examples

- Yoghurt
- Custard
- Fruit purees
- Mashed vegetables
- Commercial jellies
- Thick gravy and sauces.

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 76.

