

Slightly thick fluids (IDDSI level 1)

Slightly thick fluid looks similar to flavoured milk.

- It is slightly thicker than water.
- It can be sipped.
- It can be drunk from a cup.
- It can only be drunk through a straw if a speech-language therapist recommends this.

How to check a slightly thick fluid

A slightly thick fluid is the right consistency if it passes the IDDSI flow test. Ask a carer or friend to help you with this test.



IDDSI flow test

The IDDSI flow test measures the amount of fluid left in a syringe after 10 seconds of flow.

For a slightly thick fluid, 1 to 4 ml remains in the syringe.

See the IDDSI flow test videos at www.iddsi.org/videos



Recommended fluids

- ✓ Milk-based fluids. For example, milkshakes, lattes and supplement drinks such as Ensure Plus.
- ✓ Fruit nectar and some fruit juices. For example, tomato juice and fresh orange juice with no pulp.

Foods to avoid

- ✗ Jelly.
- ✗ Ice cream.
- ✗ Fruit in juice.
- ✗ Thin soup.
- ✗ Thin sauces.

Notes or preparation tips

Written by speech-language therapists, Te Whatu Ora – Health New Zealand Waitaha Canterbury. Adapted by HealthInfo clinical advisers. Last reviewed July 2023.

See www.healthinfo.org.nz/Dietary-suggestions.htm for more information.

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