

Mildly thick fluids (IDDSI level 2)

Mildly thick fluid looks like cream pouring from a bottle.

- 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.
- It falls quickly from a spoon but slower than water.

How to check a mildly thick fluid

A mildly 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 mildly thick fluid, 4 to 8 ml remains in the syringe.

See the IDDSI flow test videos at

www.iddsi.org/framework/drink-testing-methods



Foods to avoid

- × Jelly.
- × Ice cream.
- × Canned or stewed fruit in juice.
- × Thin soup.
- × Thin sauces.
- × Porridge and cereals with fluid on top.

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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