

Moderately thick fluids (IDDSI level 3)

Moderately thick fluid looks like a fruit smoothie.

- It is smooth with no lumps, fibres or seeds.
- It can be drunk from a cup or spoon.

How to check a moderately thick fluid

A moderately thick fluid is the right consistency if it passes the IDDSI flow test and the Fork drip test. Ask a carer or friend to help you with these tests.



IDDSI flow test

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

For a moderately thick fluid, no less than 8 ml remains in the syringe.

Fork drip test



The fluid drips slowly and dollops through a fork's prongs.

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 or syrup.
- × 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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