






Thick Fluids

All thick fluids that are thin liquids at room temperature must be thickened or removed from the diet. When on Thick Fluids, the diet also includes No Mixed Consistencies (see below).

Mildly Thick (Nectar)		Moderately Thick (Honey)		Extremely Thick (Pudding)	
 <p>Description:</p> <ul style="list-style-type: none"> Mildly thick and runs freely off a spoon, but leaves a thin coating Can be sipped through a straw <p>Photos used with permission from Nestle Healthcare Nutrition</p>		 <p>Description:</p> <ul style="list-style-type: none"> Moderately thick and slowly drips in dollops off the tip of a spoon Too thick to be sipped through a straw <p>Photos used with permission from Nestle Healthcare Nutrition</p>		 <p>Description:</p> <ul style="list-style-type: none"> Extremely thick, sits on a spoon and does not flow off it Too thick to be sipped through a straw <p>Photos used with permission from Nestle Healthcare Nutrition</p>	
Foods Allowed	Foods NOT Allowed (liquid at room temperature)	Foods Allowed	Foods NOT Allowed (liquid at room temperature)	Foods Allowed	Foods NOT Allowed (liquid at room temperature)
<ul style="list-style-type: none"> All beverages thickened to Mildly Thick (Nectar) Some brands of tomato juice (e.g. Heinz®, fruit nectar) Smooth yogurt that is Mildly Thick/(Nectar Thick) Pureed, strained or blended soup, thicken to Mildly Thick (Nectar) Standard Portion gravy or sauce (30 mL/menu item) 	<ul style="list-style-type: none"> Regular ice cream Sherbert Popsicles Jello-O® Table cream 	<ul style="list-style-type: none"> All beverages thickened to Moderately Thick (Honey) Smooth yogurt that is Moderately Thick (Honey) Pureed, strained or blended soup thickened to Moderately Thick (Honey) Standard portion gravy or sauce (30 mL/menu item) 	<ul style="list-style-type: none"> Regular ice cream Sherbert Popsicles Jello-O® Table cream 	<ul style="list-style-type: none"> All beverages thickened to Extremely Thick (Pudding) Most brands of pureed fruit and fruit sauce Smooth yogurt that is Extremely Thick (Pudding) Pureed, strained or blending soup thickened to Extremely Thick (Pudding) Standard portion gravy or sauce (30 mL/menu item) 	<ul style="list-style-type: none"> Regular ice cream Sherbert Popsicles Jello-O® Table cream
<p>No Mixed Consistencies</p> <div style="display: flex; align-items: center;"> <div style="text-align: center;"> <p>Chicken Noodle Soup</p>  <p>Before</p> </div> <div style="font-size: 2em; margin: 0 10px;">→</div> <div style="text-align: center;"> <p>Chicken Noodle Soup that has been pureed</p>  <p>After</p> </div> </div> <p>Description:</p> <ul style="list-style-type: none"> Cannot combine thin liquids and solid pieces in the same mouthful Must not release thin liquids when chewed Solids mixed in with a thick liquid are allowed; liquids should be at least as thick as ordered fluid thickness 		<p>Foods Allowed</p> <ul style="list-style-type: none"> Pureed stewed tomatoes or sliced tomatoes only Creamed corn Hot cereals Yogurt that is smooth or has soft fruit pieces Pureed or blended soup Stews or casseroles with thick gravies or sauces 		<p>Foods NOT Allowed</p> <p>Juicy vegetables and fruits: Green or wax beans, most tomatoes, fresh watermelon, all oranges, grapes and all canned fruit, even if drained</p> <p>Cold cereals with added milk</p> <p>Yogurt with dried fruit, granola, or any other hard particles</p> <p>Chucky sops or soups with crackers</p> <p>Jell-O® plain or with fruit</p> <p>Beverages with firm fruit chunks, ice cubes or are slushy (e.g. smoothies, blended coffee beverages)</p>	