

Thick Fluids

All 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)



Description:

- Mildly thick and runs freely off a spoon, but leaves a thin coating
- Pours like most types of fruit nectar

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Moderately Thick (Honey)



Description:

- Moderately thick and slowly drips in dollops off the tip of a spoon
- Pour slowly like honey

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Extremely Thick (Pudding)



Description:

- Extremely thick, sits on a spoon and does not flow off it
- As thick as pudding

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Mildly Thick (Nectar)		Moderately Thick (Honey)		Extremely Thick (Pudding)	
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 smooth and Mildly Thick (Nectar) • Pureed, strained or blended soup, thickened to Mildly Thick (Nectar) 	<ul style="list-style-type: none"> • Regular ice cream; frozen yogurt • Sherbet • Slushy drinks • Popsicles® • Jellied desserts (Jell-O®) • Table cream 	<ul style="list-style-type: none"> • All beverages thickened to Moderately Thick (Honey) • Smooth yogurt that is smooth like a custard and Moderately Thick (Honey) • Pureed, strained or blended soup thickened to Moderately Thick (Honey) 	<ul style="list-style-type: none"> • Regular ice cream; frozen yogurt • Sherbet • Slushy drinks • Popsicles® • Jellied desserts (Jell-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); puddings • Pureed, strained or blended soup thickened to Extremely Thick (Pudding) 	<ul style="list-style-type: none"> • Regular ice cream; frozen yogurt • Sherbet • Slushy drinks • Popsicles® • Jellied desserts (Jell-O®) • Table cream

No Mixed Consistencies

Chicken Noodle Soup



Before



Chicken Noodle Soup that has been pureed



After

Description:

- Cannot combine thin fluids and solid pieces in the same mouthful
- Must not release thin liquids when chewed
- Solids mixed in with 1 oz (30 mL) of gravy or sauce pooling around the food is allowed

Foods Allowed	Foods NOT Allowed
<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 	<ul style="list-style-type: none"> • Juicy vegetables and fruits: green or wax beans, most tomatoes (raw and cooked), fresh watermelon, all oranges, grapes and all canned fruit, even if drained • Cold cereals with milk • Yogurt with dried fruit, granola, or any other hard particles • Chunky soups or soups with crackers • Jell-O® plain or with fruit • Beverages with firm fruit chunks, ice cubes or are slushy (e.g., smoothies, blended coffee beverages)