

DIET TYPE: MILDLY THICK #2

Compendium Definition – Standard diet, modified with:

replacement of thin liquids with thick liquids of mildly thick consistency

This diet is intended for individuals with dysphagia. It is recommended that a swallowing assessment be completed, as a modified texture may be required.

Items Compliant	Items NOT Compliant
<ul style="list-style-type: none">• mildly thick beverages i.e. water, milk and juice Mildly thick pureed soup	<ul style="list-style-type: none">• sherbet; ice cream; gelatin• cold cereal• canned fruit packed in juice
Details & General Comments	
<p>Commercially prepared thickened liquids are preferred. When commercially prepared thickened liquids are not available products should be thickened according to commercial thickener guidelines. Test liquid flows through a 10 mL slip tip syringe leaving 4 to 8 ml in the syringe after 10 seconds (see IDDSI Flow Test instructions*)</p> <p>#</p>	

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