

DIET TYPE: MODERATELY THICK (Level 3)

Compendium Definition – Standard diet, modified with:

- replacement of thin liquids with thick liquids of moderately 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.

Note: Moderately Thick consistency is thicker than Mildly Thick.

Items Compliant	Items NOT Compliant
<ul style="list-style-type: none">• moderately thick beverages i.e. water, milk and juice• Moderately thick puree soup	<ul style="list-style-type: none">• sherbet; ice cream; gelatin• cold cereals• 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.</p> <p>Test liquid flows slowly through a 10 mL slip tip syringe leaving more than 8 mL in the syringe after 10 seconds (see IDDSI Flow Test instructions*)</p>	

#