






Standards for Texture Modified Foods and Fluids

The provision of thickened fluids and texture modified foods is a routine part of the assessment and management of feeding and swallowing difficulties (dysphagia).

If you need assistance with the level of fluid and food texture modification required, contact your Speech-Language Therapist.

If you require support to determine whether a texture modified diet is meeting nutrition and hydration needs, contact your Dietitian.

*Acknowledgement:
These standards were developed collaboratively by the Dietitians Association of Australia and Speech Pathology Australia. Images on this poster have been provided by Nestlé Healthcare Nutrition who supported the development of the Australian standards.*

Fluid	Mildly Thick Level 150 Fluid runs freely off the spoon but leaves a mild coating on the spoon	Moderately Thick Level 400 Fluid slowly drips in dollops off the end of a spoon	Extremely Thick Level 900 Fluid sits on the spoon and does not flow off it
			
Food	Texture A Soft Food may be naturally soft or may be cooked or cut to alter its texture	Texture B Minced and Moist Food is soft, moist and easily mashed with a fork; lumps are smooth and rounded	Texture C Smooth Pureed Food is smooth, moist and lump free; may have a grainy quality
	