

Thickened Fluids Cheat Sheet (Fluids Allowed)

December 2023

	Mildly Thick Level 2	Moderately Thick Level 3	Extremely Thick Level 4
Fruit and Vegetable Beverages	<ul style="list-style-type: none"> Vegetable and/or fruit juice thickened to a Mildly Thick Level 2 consistency Drained canned fruit and vegetables 	<ul style="list-style-type: none"> Fruit and vegetable juices thickened to a Moderately Thick level 3 consistency Drained canned fruits and vegetables 	<ul style="list-style-type: none"> Fruit and vegetable juice thickened to a Extremely Thick Level 4 consistency Thickened applesauce Drained canned fruits and vegetables
Milk & Alternative Beverages	<ul style="list-style-type: none"> Milk (cow, soy, almond, rice, etc) thickened to a Mildly Thick Level 2 consistency Buttermilk Yogurt drinks Commercial eggnog (regular fat) thickened to a Mildly Thick –level 2 consistency 	<ul style="list-style-type: none"> Milk (cow, soy, almond, rice, etc.) thickened to a Moderately Thick level 3 consistency Buttermilk, yogurt drinks and commercial eggnog (regular fat) thickened to a Moderately Thick level 3 consistency Yogurt 	<ul style="list-style-type: none"> Milk thickened to a Extremely Thick level 4 consistency Thick yogurt (Balkan or Greek style)
Soups	<ul style="list-style-type: none"> Pureed soups thickened to a Mildly Thick level 2 consistency Smooth regular soup (ex. tomato soup) thickened to a Mildly Thick level 2 consistency 	<ul style="list-style-type: none"> Soups thickened to a Moderately Thick level 3 and Extremely thick level 4 consistency 	<ul style="list-style-type: none"> Soups thickened to Extremely Thick level 4 consistency
Oils and Fats	<ul style="list-style-type: none"> Oils and fats thickened to a Mildly Thick level 2 consistency 	<ul style="list-style-type: none"> Oils and fats thickened to Moderately Thick- level 3 and Extremely thick -level 4 consistency 	<ul style="list-style-type: none"> Oils and fats thickened to Extremely Thick - level 4 consistency
Desserts & Sweets	<ul style="list-style-type: none"> All desserts thickened to a Mildly Thick Level 2 consistency Pudding Mousse 	<ul style="list-style-type: none"> Desserts thickened to a Moderately Thick level 3 consistency Puddings & custards Mousse 	<ul style="list-style-type: none"> Desserts thickened to Extremely Thick level 4 consistency Pudding or thick custards Mousse
Fluids	<ul style="list-style-type: none"> All fluids thickened to a Mildly Thick level 2 consistency 	<ul style="list-style-type: none"> Fluids thickened to a Moderately Thick level 3 consistency 	<ul style="list-style-type: none"> Fluids thickened to Extremely Thick level 4 consistency
Miscellaneous	<ul style="list-style-type: none"> Nutritional pudding supplements (Homemade fortified pudding, Boost® pudding, Ensure® pudding,) 	<ul style="list-style-type: none"> Nutritional pudding supplements (Homemade fortified pudding, Boost® pudding, Ensure® pudding) 	<ul style="list-style-type: none"> Nutritional pudding supplements (Homemade fortified pudding, Boost® pudding, Ensure® pudding) <p><i>Note: Pureed soups, fruit or vegetables may not be adequately thick enough and may require additional thickener to bring to Extremely Thick level 4 consistency</i></p>

Oral nutrition supplement drinks are not compliant with thickened fluid diets and do not thicken properly with the addition of thickening powders such as ThickenUp Clear®

Jello, ice cream, sherbet, ice chips are thin fluids and are not compliant with any thickened fluid diet level.