

Item	Foods Allowed	Foods to Avoid
Fruit & Vegetable Beverages	<ul style="list-style-type: none"> Vegetable and/or fruit juice thickened to a mildly thick-level 2 consistency Drained canned fruits and vegetables 	<ul style="list-style-type: none"> Thin fruit and vegetable juice
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"> Thin milk Milkshakes Low fat commercial eggnog
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 mildly thick -level 2 consistency 	<ul style="list-style-type: none"> Thin soups
Oils & Fats	<ul style="list-style-type: none"> Oils and fats thickened to a mildly thick level 2 consistency 	<ul style="list-style-type: none"> Thin oils and salad dressings
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"> Jell-O® Ice Cream Sherbet Popsicles Frozen yogurt
Fluids	<ul style="list-style-type: none"> All fluids thickened to a mildly thick- level 2 consistency 	<ul style="list-style-type: none"> Thin water, ice cubes, coffee, tea All Oral Nutrition Supplements (cannot be thickened to a safe consistency using thickener)
Miscellaneous	<ul style="list-style-type: none"> All, except those in “foods to avoid” Nutritional pudding supplements (Homemade fortified pudding, Boost® pudding, Ensure® pudding,) 	<ul style="list-style-type: none"> All Oral Nutrition Supplements (cannot be thickened to a safe consistency using thickener)

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Medications	<ul style="list-style-type: none"> • Lactulose is mildly thick Level 2 and does not require thickening. <u>DO NOT</u> add to pre-thickened liquids. • Polyethylene Glycol Laxative (PEG 3350) added to applesauce • Mix liquid medications into Applesauce. 	<ul style="list-style-type: none"> • Pre-thickened water, juice, milk products, ThickenUp® and ThickenUp Clear® inventoried throughout the region, is not safe to mix with Polyethylene Glycol Laxative (PEG 3350). • Do not add liquid medications to pre-thickened liquids or liquids already thickened as it alters the consistency.

Definition of **Mildly Thick Level 2** with following characteristics:

- Flows off a spoon
- Sippable, pours quickly from a spoon, but slower than thin drinks
- Mild effort is required to drink this thickness through standard bore
- Straw (standard bore straw = 0.209 inch or 5.3 mm diameter)
- More information can be found at <https://iddsi.org>

References:

Dietitians of Canada-Practice Based Evidence in Nutrition (PEN)
Resource Manual for Long Term Care, Nestle Nutrition, 2010
Manual for Feeding and Swallowing Management in Long-Term Care facilities, Regional Health Authorities, Manitoba Government, September 2010
International Dysphagia Diet Standardisation Initiative <https://iddsi.org>