



Item	Foods to Allow	Foods to Avoid
Vegetables & Fruit	<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"> • Thin and mildly thick fruit and vegetable juice • Thin and mildly thick level 2 vegetable/ tomato juice • Liquid from canned fruits and vegetables • Fruits that release large amounts of water when eaten (e.g. watermelon, oranges)
Milk & Alternatives	<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"> • None unless thickened to a moderately thick- level 3 consistency
Soups	<ul style="list-style-type: none"> • Soups thickened to moderately thick - level 3 and extremely thick -level 4 consistency soups 	<ul style="list-style-type: none"> • Thin, watery soups • Mildly thick level 2 consistency soups
Oils & Fats	<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 salad dressings of thin and mildly thick -level 2 consistency
Desserts & Sweets	<ul style="list-style-type: none"> • Desserts thickened to a moderately thick- level 3 consistency • Puddings & custards • Mousse 	<ul style="list-style-type: none"> • Jell-O® • Ice Cream • Sherbet • Popsicles • Frozen yogurt
Fluids	<ul style="list-style-type: none"> • Fluids thickened to a moderately thick -level 3 consistency 	<ul style="list-style-type: none"> • Regular thin liquids, mildly thick -level 2 fluids, thin water, ice cubes, coffee, tea,

Item	Foods to Allow	Foods to Avoid
		<ul style="list-style-type: none"> All oral nutrition supplements (cannot be thickened to a safe consistency using thickener).
Miscellaneous	<ul style="list-style-type: none"> 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)

Notes:

- Descriptors and Characteristics of **Moderately Thick Level 3**
 - Can be drunk from a cup
 - Moderate effort is required to suck through a standard bore or wide bore straw (wide bore straw = 0.275 inch or 6.9 mm)
 - Cannot be eaten with a fork because it drips slowly in dollops through the prongs
 - No oral processing or chewing required – can be swallowed directly
 - Can be eaten with a spoon

Drips slowly or in dollops/strands through the slots of a fork.



References:

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