

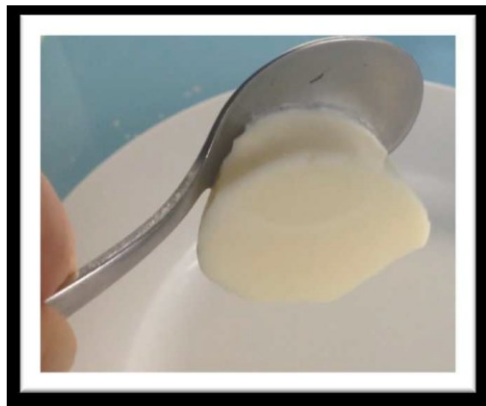
Item	Allowed	Not Allowed
Vegetables & Fruit	<ul style="list-style-type: none"> Fruit and vegetable juice thickened to extremely thick Level 4 consistency consistency Thickened applesauce Drained canned fruits and vegetables 	<ul style="list-style-type: none"> None, unless thickened to extremely thick level 4 consistency Fruits that release large amounts of water when eaten (ex. watermelon and oranges)
Milk & Alternatives	<ul style="list-style-type: none"> Milk thickened to extremely thick - level 4 consistency Thick yogurt (Balkan or Greek style) 	<ul style="list-style-type: none"> None, unless thickened to extremely thick level 4 consistency
Soups	<ul style="list-style-type: none"> Soups thickened to extremely thick - level 4 consistency 	<ul style="list-style-type: none"> Thin, watery soups mildly thick level 2 or moderately thick level 3 soups
Oils & Fats	<ul style="list-style-type: none"> Oils and fats thickened to extremely thick - level 4 consistency 	<ul style="list-style-type: none"> Oils and salad dressings of thin, mildly thick- level 1 and moderately Thick- level 2 consistencies
Desserts & Sweets	<ul style="list-style-type: none"> Desserts thickened to extremely thick - level 4 consistency Pudding or thick custards Mousse 	<ul style="list-style-type: none"> Jell-O® Ice Cream Sherbet Frozen yogurt Popsicles
Fluids	<ul style="list-style-type: none"> Fluids thickened to extremely thick- level 4 consistency 	<ul style="list-style-type: none"> Any fluid of mildly thick- level 2 or moderately thick -level 3 consistency Ice cubes 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:

- Oral nutrition supplements do not thicken properly with the addition of thickening powders such as ThickenUp Clear®
- Pureed soups, fruit or vegetables may not be adequately thick enough and may require additional thickener to bring to Extremely thick level 4 consistency

- Descriptors and Characteristics of Extremely Thick Level 4:
(more info on <https://iddsi.org>)
 - Usually eaten with a spoon (a fork is possible)
 - Cannot be drunk from a cup because it does not flow easily
 - Cannot be sucked through a straw
 - Does not require chewing
 - more info on <https://iddsi.org>)

Spoon Tilt Test: SAFE: Holds shape on spoon; not firm and sticky; little food left on spoon



References:

- *Dietitians of Canada - Practice Based Evidence in Nutrition (PEN), 2011*
- *Manitoba Health: Manual for Feeding and Swallowing Management in Long Term Care Facilities, September 2010*
- *Resource Manual for Long Term Care, Nestle Nutrition, 2010*
- International Dysphagia Diet Standardisation Initiative <https://iddsi.org>