FOOD & LIQUID CONSISTENCY MODIFICATIONS

FOOD CONSISTENCIES

Clear Liquid – liquid is clear and served at room temperature; used to minimize stimulation to GI tract; usually transitional; before or after GI surgery or coming off IV nutrition

Pureed – liquid foods and foods of a smooth, soft consistency that require no chewing; foods are processed to mashed-potato consistency

Full Liquid – liquid at body temperature and very soft desserts made from milk & eggs

Mechanical Soft – soft foods that require minimal chewing; foods are modified in texture but not flavor

Blenderized Liquid – foods that have been blenderized to a smooth consistency so they can be consumed through a straw; liquids are added before blenderizing to achieve desired consistency

FOOD & LIQUID CONSISTENCY MODIFICATIONS

LIQUID CONSISTENCIES

Thin – low viscosity liquids, including clear liquids, water, tea, coffee, soda, ice cream, frozen yogurt, fruit juices, plain gelatin, and nutritional supplements

Honey-like – viscous liquids with the consistency of honey

Nectar-like – medium viscosity liquids including nectars, vegetable juices, and milkshakes without thickeners

Spoon-thick – high viscosity liquids, too thick for a straw; liquids of this consistency can be plopped at room temperature