

The different levels of thickening

Thickened fluids help slow the liquid when entering the back of the throat. This allows time to help the swallowing to be triggered with enough time to protect the airway. Thin (Level 0) fluids are more difficult to control and will flow with gravity meaning these can slip down the throat too quickly, ending up in the lungs.

Level 1: Slightly thick

- Thicker than water
- Requires a little more effort to drink than thin liquid
- Flows through a straw, syringe, teat/nipple.

Level 2: Mildly thick

- Flows off a spoon
- Sippable, pours quickly from a spoon, but slower than thin drinks
- Effort is required to drink this thickness through a standard bore straw.

Level 3: Moderately thick

- Can be drunk from a cup
- Some effort is required to suck through a standard bore or wide bore straw
- Cannot be piped, layered, or moulded on a plate.

Level 4: Extremely thick

- Usually eaten with a spoon (a fork is possible)
- Cannot be drunk from a cup
- Cannot be sucked through a straw.



Mixing Instructions per 200ml drink

			 (red label on tin lid)	
IDDSI LEVELS	Resource ThickenUp Clear	Thick & Easy Clear	Nutilis Clear (new green scoop)	Previously known as: (stages)
LEVEL 1 (SLIGHTLY THICK)	X1 (1.2g)	X1 (1.4g)	X1 (1.25g)	NATURALLY THICK
LEVEL 2 (MILDLY THICK)	X2 (2.4g)	X2 (2.8g)	X2 (2.5g)	STAGE 1 (SYRUP)
LEVEL 3 (MODERATELY THICK)	X4 (4.8g)	X3 (4.2g)	X3 (3.75g)	STAGE 2 (CUSTARD)
LEVEL 4 (EXTREMELY THICK)	X8 (9.6g)	X6 (8.4g)	X7 (8.75g)	STAGE 3 (PUDDING)