

DYSPHAGIA DIETS - GUIDE TO THICKENED FLUIDS.

- Grade 2** - **Firm Mousse.**
(Mixture will hold onto spoon).
- Grade 3.** - **Creamy Yoghurt.**
(Mixture will slowly run off spoon).
- Grade 4.** - **Pouring Cream.**
(Mixture will coat the back of the spoon).
- Grade 5.** - **Fruit Nectar.**
(Similar to medium grade fruit nectar).

Note: Aspiration can occur with fluids that are THINNER than the grading recommended.