

## FAQ Category: Drinks

### Q: I've not heard of Level 1 – Slightly Thick before, what is this level?

**A:** Level 1 – Slightly Thick is predominantly used by paediatric clinicians and refers to the thickness level similar to commercially prepared anti-regurgitation infant formula. It is noticeably thicker than regular Level 0 – thin drinks, but thinner than Level 2 – Mildly Thick drinks. Level 1- Slightly Thick slows the flow of the liquid but can be sucked through a nipple/teat without significant effort. Level 2 Mildly Thick fluids also flow more slowly, but due to their thickness require much more effort to suck through a nipple/teat. Clinicians working with adult caseloads may find that some products that they have previously described as “naturally thick” fall in this Level 1 – Slightly Thick category.

#### References:

Cichero JAY, Nicholson T, Dodrill PM. Barium liquid is not representative of infant formula: Characterisation of rheological and material properties. *Dysphagia*. 2011; 26(3): 264-271.

de Almeida MB, de Almeida JA, Moreira ME, Novak FR. Adequacy of human milk viscosity to respond to infants with dysphagia: experimental study. *J Appl Oral Sci*. 2011;19(6):554–9.

Stuart S, Motz JM. Viscosity in infant dysphagia management: comparison of viscosity of thickened liquids used in assessment and thickened liquids used in treatment. *Dysphagia*. 2009;24(4):412–22.

September C, Nicholson TM, Cichero JAY. Implications of changing the amount of thickener in thickened infant formula for infants with dysphagia. *Dysphagia*. 2014; 29(4): 432-437.



This document is to be read in conjunction with the Complete IDDSI Framework, IDDSI Testing Methods and IDDSI Evidence documents (<http://iddsi.org/resources/framework/>).