Use of Level 0 Thin Liquids for Adults

What is this thickness level?
Level 0 - Thin drinks:
✓ Flow like water
✓ Can flow through a straw or teat/nipple

Why is this thickness level used for adults?
Level 0 – Thin liquids are most often used if you do not have a swallowing problem with liquids. Water, milk, tea, coffee, and juice are all examples of the Level 0 Thin thickness level. Thin liquids can be taken through a straw or standard cup.

How do I measure my liquid or drink to make sure it is Level 0 Thin?
It is safest to measure the thickness using the IDDSI Flow Test. The IDDSI Flow Test measures how thick a liquid is by how much goes through a 10mL syringe in 10 seconds.

IDDSI recommends that you use a 10 mL syringe to check to make sure you have the correct thickness level using the instructions below. For Level 0 Thin thickness liquids, there should be less than 1 mL remaining in the syringe after 10 seconds of flow.

See videos of the IDDSI Flow Test at www.IDDSI.org/framework/drink-testing-methods/

Intended for general information only. Please consult with your health care professional for specific advice for your needs.

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