Level 4 Extremely Thick Liquids for Adults

What is this thickness level?
Level 4 – Extremely Thick drinks:
✓ Are usually eaten with a spoon
✓ Cannot be drunk from a cup or sucked through a straw
✓ Do not require chewing
✓ Have a smooth texture with no lumps
✓ Hold shape on a spoon
✓ Fall off a spoon in a single spoonful when tilted
✓ Are not sticky

Why is this thickness level used for adults?
Level 4 - Extremely Thick drinks may be used if your tongue control is not good enough to manage Moderately Thick, Mildly Thick, Slightly Thick or Thin drinks. Extremely Thick drinks allows more time for the tongue to “hold and move” the liquid. It’s important that Extremely Thick drinks are not too sticky because this can cause the food to stick to the cheeks, teeth, roof of the mouth or in the throat. Extremely Thick drinks are best taken using a spoon.

How do I measure my liquid or drink to make sure it is Level 4 Extremely thick?
It is safest to measure Extremely Thick drinks using the IDDSI Fork Drip Test and the IDDSI Spoon Tilt Test.

See videos of the IDDSI Fork Drip Test and IDDSI Spoon Tilt Test at www.IDDSI.org/framework/food-testing-methods/

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