Use of Level 0 Thin Liquids for Babies and Children

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 babies and children?
Level 0 – Thin liquids are most often used if your child does not have a swallowing problem with liquids. Expressed breast milk, water and infant formula are all examples of the Level 0 Thin thickness level. Thin liquids can be taken through a nipple/teat, spout cup 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 1mL remaining in the syringe after 10 seconds of flow.


Intended for general information only. Please consult with your health care professional for specific advice for your baby or child.

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