



# **O THIN**



## 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

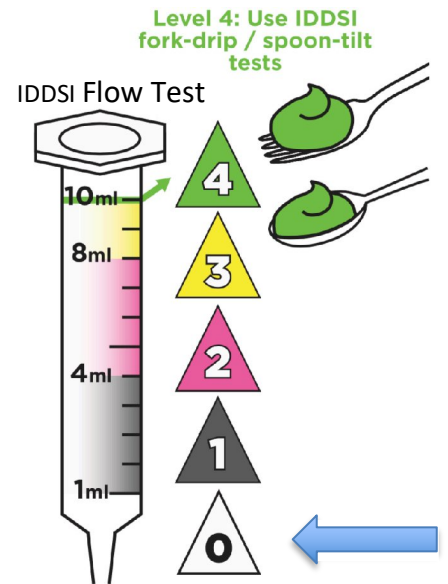
### Why is this thickness level used for babies and children?

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?

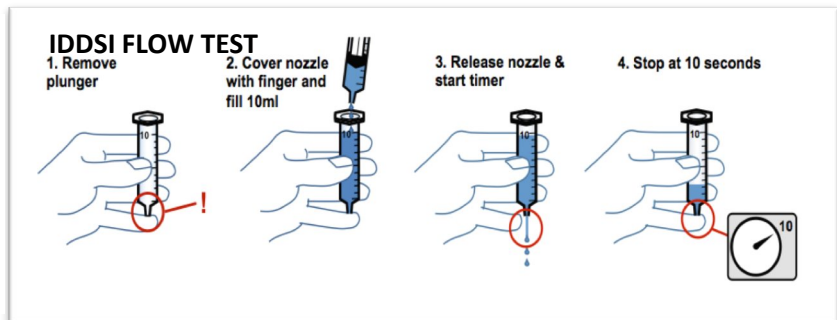
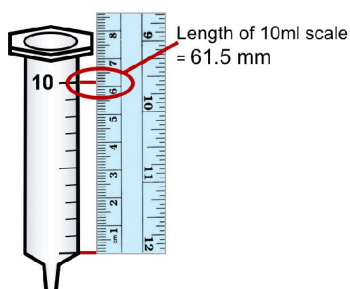
It is safest to measure the thickness using the IDDSI Flow Test. The IDDSI Flow Test measures how thick a liquid is by how much goes through a 10mL syringe in 10 seconds.

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.



See videos of the IDDSI Flow Test at  
[www.IDDSI.org/framework/drink-testing-methods/](http://www.IDDSI.org/framework/drink-testing-methods/)

**Before you test...**  
 You **must check** your syringe length because there are differences in syringe lengths. Your syringe should look like this



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