

Australian Standards for Texture Modified Foods and Fluids

The provision of thickened fluids and texture modified foods is a routine part of the assessment and management of feeding and swallowing difficulties (dysphagia).

If you need assistance with the level of fluid and food texture modification required, contact your Speech Pathologist.

To find a Speech Pathologist, go to www.speechpathologyaustralia.org.au.

If you require support to determine whether a textured modified diet is meeting nutrition and hydration needs, contact your dietitian.

To find an Accredited Practising Dietitian (APD), go to www.daa.asn.au.

Please contact Novartis on 1800 671 628 or visit www.novartisnutrition.com.au for further information or for copies of this poster.

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Fluid	Mildly Thick Level 150 Fluid runs freely off the spoon but leaves a mild coating on the spoon	Moderately Thick Level 400 Fluid slowly drips in dollops off the end of the spoon	Extremely Thick Level 900 Fluid sits on the spoon and does not flow off it
			

Food	Texture A Soft Food may be naturally soft or may be cooked or cut to alter its texture	Texture B Minced and Moist Food is soft, moist and easily mashed with a fork; lumps are smooth and rounded	Texture C Smooth Pureed Food is smooth, moist and lump free; may have a grainy quality
			