

# 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](http://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](http://www.daa.asn.au)

## 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.

