

Department of
Speech Therapy

Modified Consistencies for Swallowing Problems



FLUID CONSISTENCIES

(Resource Clear)



Thin fluid

No powder is added into fluid. Fluid runs freely off a spoon.



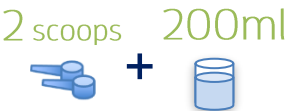
Slightly thick fluid

Fluid is thicker than water but still thin enough to flow easily through a standard straw.



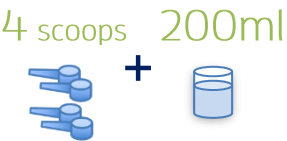
Mildly thick fluid (Nectar thick)

Fluid flows quickly from a spoon but requires some effort to drink through a standard straw.



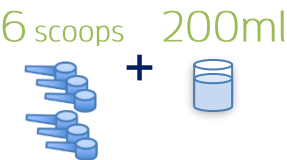
Moderately thick fluid (Honey thick)

Fluid flows slowly from a spoon and requires effort to drink through a wide straw.



Extremely thick fluid (Pudding thick)

Fluid sits on a spoon and cannot be drunk from a cup or sucked through a straw.



MODES OF FEEDING



Cup



Straw



Tablespoon



Teaspoon

DIET CONSISTENCIES

☒ Regular

Food that can be in large pieces, hard, crunchy, dry, chewy, or fibrous. Biting is required to break bigger pieces of food apart. Chewing is needed to mash food before swallowing. Requires no special preparation. May contain bones, seeds, skin.



Regular diet

Examples: Wholemeal bread, nasi lemak, biscuits

☒ Easy to chew

Normal, everyday food with soft, tender texture. You should be able to bite off pieces of soft and tender food. Choose bite sizes that are safe to chew and swallow. Sizes of food pieces are not restricted. **No tough, chewy, fibrous, stringy, or hard foods.**



Examples: Chee cheong fun, swiss roll, soft rice

Easy to chew diet

☒ Soft & bite-sized ☐ Porridge ☐ Rice

Food that is soft, tender and moist in texture. Easily broken apart by a fork/ spoon/ chopsticks. Chewing is needed to mash food before swallowing. Prepared as small bite-sized pieces. **No larger than 1.5cm x 1.5cm pieces.**

Examples: Bite-sized steamed fish, chopped soft cabbage, cut-up steamed egg



Soft & bite-sized diet

DIET CONSISTENCIES

Minced & moist

Food that is soft, moist and finely minced with no excess liquid seen. Requires minimal chewing. Food pieces appear in small lumps **no larger than 4mm in width and 15mm in length.**

Examples: Oats, softened crushed biscuits



Minced & moist diet

Pureed

Food that is smooth and lump-free. Does not require any chewing. Usually prepared with a blender. Cannot be sucked through a straw. Equivalent to Extremely Thick Fluids.

Examples: Black sesame paste, mousse, mashed potatoes



Pureed diet

Liquidised

Smooth texture with no 'bits' e.g., lumps, fibres, skin, husk. Can be eaten with a spoon or drunk from a cup but runs through the prongs of a fork. Equivalent to Moderately Thick fluids.

Examples: Watery blended diet



Liquidised diet

MODES OF FEEDING



Teaspoon



Tablespoon

MEDICATIONS

You or your caregiver may need to change how you prepare your tablets. This depends on the food texture recommended by your Speech Therapist.

General Guidelines

Diet
Consistencies

Regular diet,
Easy to chew

Pill
Modification



Mix crushed or powdered medications with liquids of appropriate thickness level

Soft & bite-sized

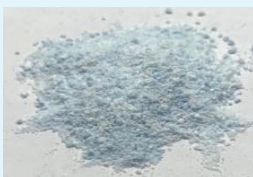


(see photos below for final product)

Minced & moist



Pureed



For liquid medications, please serve at the fluid consistency level recommended by your Speech Therapist.

Always check with your doctor or pharmacist if your medications can be broken, crushed or pounded. Ask for alternatives if available.

PREPARING ORAL NUTRITIONAL SUPPLEMENTS

(Resource Clear)

1. Add thickener with the normally used amount
2. Stir for 3 minutes for the thickener to dissolve
3. Let the mixture sit until the 10th minute (i.e., 7 minutes more)
4. Stir again before serving
5. Discard solution once beyond the 15th minute (ideally)

For Fortisip (pictured on right):

Please add an additional scoop of thickener per 100ml



ORAL CARE

Maintaining good oral hygiene and dental care can reduce incidence of pneumonia by 20% in patients with swallowing difficulties (Sørensen et al, 2013).

You can maintain good oral hygiene/health by using:

- Antiseptic mouth wash
- Oral swabs with/without alcohol-free products or non-foaming toothpaste to clean the tongue and roof of the mouth
- Oral moisturisers to keep moisture in the oral cavity and prevent dry mouth (xerostomia)



Common oral care products

A) FEEDING TECHNIQUES

- ☐ Feed only when your loved one is awake and alert
 - ☐ Feed slowly
 - ☐ Check that your loved one has swallowed by feeling for the swallow (placing your fingers on their throat)
 - ☐ Remind them to swallow (say "swallow" or gently press their tongue with an empty spoon)
 - ☐ Keep distractions and talking to a minimum during feeding
 - ☐ Let them rest during feeding if they seem short of breath
 - ☐ Do not mix liquids and food in the same mouthful
 - ☐ Stop feeding if you see that your loved one is choking, coughing, or their voice sounds wet or gurgly (phlegm-sounding) after swallowing
 - ☐ To prevent reflux [stomach contents coming back up]:
 - Sit upright after meals and do not lie down immediately
 - Eat small meals more often
 - ☐ Others:
-

B) COMPENSATORY STRATEGIES

- ☐ Hold liquid or food in mouth for 3 seconds before swallowing
- ☐ Swallow _____ times for each mouthful (multiple swallow strategy)
- ☐ Take _____ of liquid after _____ of food (cyclic ingestion)
- ☐ Others:

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