

## 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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Novartis Consumer Health Australasia Pty. Ltd. ABN 46 004 535 513 Australia 327-333 Police Road, Eastern Building, Mulgrave VIC 3170 For further information, please call 1800 671 628 (Australia) or 0800 607 662 (New Zealand). http://www.novartisnutrition.com



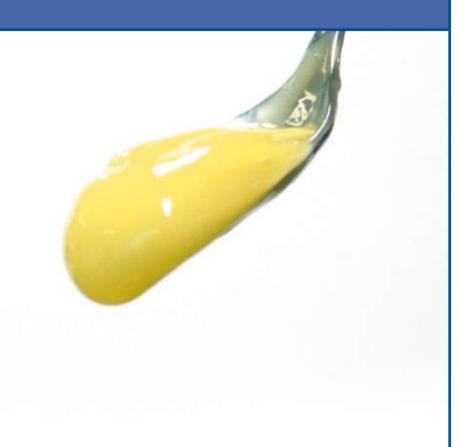
coating on the spoon

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



## **Texture B Texture A** Soft **Minced and Moist**

## **Texture C Smooth Pureed**

