

## Hidden Thin Liquids

Children with dysphagia (trouble swallowing) may need to avoid thin liquids that are hidden in foods and drinks. Thin liquids can increase the risk of liquids going into the lungs (aspiration) and should be avoided unless approved by your child's care team.

### Examples of hidden thin liquids

These foods/drinks should be avoided

- Grapes
- Mandarin oranges/clementines
- Watermelon
- Cherry tomatoes
- Ice cream/gelato/sherbet
- Soft-serve frozen yogurt
- Milkshakes/malts/smoothies
- Blended ice and/or juice-based drinks
- Slurpees/ICEEs
- Shaved ice
- Popsicles
- Ice cubes/ice chips
- Soups/broths (including clear broth)
- Cereal with milk
- Peaches, pears, fruit cocktail, canned fruits (have liquid in the container)

### Alternative options

- Add approved thickeners to liquids such as milk in cereal or broth in soups.
- Get rid of all liquids from fruit cups/canned fruit or blend canned fruits or vegetables into a puree or smoothie.
- Make smoothies with bananas or avocados and add yogurt instead of frozen fruit or ice. Can also add thickeners to blended smoothie if using frozen fruits.
- Melt ice cream or popsicles, mix in approved thickeners, and refreeze before serving.
- Use reusable ice cubes or make ice cubes with approved consistency of thickened water.

Please use the [IDDSI Flow Test](#) for all foods and drinks to make sure they are the right consistency for your child. Use the [IDDSI Flow Test chart](#) and/or talk to your child's care team if you have questions.