

THIN LIQUIDS

Thin liquids are the common liquids we drink every day. They flow very quickly when poured. The muscles of your lips, tongue, cheeks, and soft palate help control thin liquids in your mouth. If any of these muscles do not work well, thin liquids can spread around your mouth and spill into your voice box or windpipe, before you swallow. You may not even feel it or know anything is wrong. If it gets into your lungs, it can cause pneumonia. **Here are some examples of thin liquids:**

- water
- coffee
- tea
- fruit juices
- milk
- hot chocolate
- broth
- soda
- beer, wine & liquor

Don't be fooled! These are thin liquids too:

- Ice cubes, ice cream, sherbet, or anything frozen that melts into a thin liquid.
- Jell-O melts in your mouth and becomes a thin liquid before you swallow.
- The juice that comes from a slice of watermelon, an orange, or any juicy fruit.
- Liquid medication
- Canned “nectars” from the grocery store are usually not thick enough.

“Dual Consistency” foods are part liquid and part solid. The liquid part is often a thin liquid and can spill into your voice box and windpipe while you chew the solid part. **Here are some examples of dual-consistency foods:**

- Cereal with milk.
- Soups with broth and chunks of solid food.
- Canned fruit in its juices.