

Viscosity Levels for Oral and Enteral Feedings

Viscosity Levels for Oral Products		
Oral Product Name	Viscosity (cP)	Type of Liquid
Arginaid®	5	Thin liquid
Boost®	30	Thin liquid
Boost Glucose Control®	30–40	Thin liquid
Boost® High Protein	25–30	Thin liquid
Boost® Plus	50	Thin liquid
Carnation® Breakfast® Lactose Free	7.5–8.8	Thin liquid
Carnation® Breakfast® Lactose Free Plus	13.5–17	Thin liquid
Carnation® Breakfast® Lactose Free VHC	95	Nectar-like
Ensure® Enlive!®	1–50	Thin liquid
Ensure®	1–50	Thin liquid
Ensure® Bone Health	1–50	Thin liquid
Ensure® Clinical Strength	1–50	Thin liquid
Ensure® High Protein	1–50	Thin liquid
Ensure® Immune Health	1–50	Thin liquid
Ensure® Muscle Health	1–50	Thin liquid
Ensure Plus®	1–50	Thin liquid
Ensure® Pudding	>1751	Spoon-thick
Glucerna® Shake	1–50	Thin liquid
Healthy Shot® Double Protein Peach or Tropical	20–30	Thin liquid
Healthy Shot® High Protein Peach or Tropical	10–25	Thin liquid
Hi-Cal	51–350	Nectar-like
Juven®	1–50	Thin liquid
Mighty Shakes® No Sugar Added Honey Thick	351–1750	Honey-thick
Mighty Shakes® Plus	1–50	Thin liquid
Mighty Shake (Regular) No Sugar Added	51–350	Nectar-like
ProMod® Liquid Protein	51–350	Nectar-like
Renalcal®	N/A	
Resource® 2.0	70	Nectar-like
Resource® Breeze®	6	Thin liquid
Resource® Diabetishield®	5	Thin liquid
Resource® Frosty Thick®	N/A	Honey-thick
Resource Health Shake®	150	Nectar-like
Resource® Nutritious Juice Drink	N/A	

cP=centipoise

Proposed terms for liquids and correlating viscosity ranges

As referenced from the National Dysphagia Diet:

- Thin: 1–50 cP
- Nectar-like: 51–350 cP
- Honey-like: 351–1750 cP
- Spoon-like: >1750 cP

Source: National Dysphagia Diet Task Force, American Dietetic Association. *National Dysphagia Diet: Standardization for Optimal Care*. Chicago, IL: American Dietetic Association; 2002.

Viscosity Levels for Enteral Feedings		
Enteral Feedings Product Name	Viscosity (cP)	Type of Liquid
Compleat [®]	70	Nectar-like
Diabetisource [®] AC	80	Nectar-like
Fibersource [®]	150	Nectar-like
Glucerna [®] 1.0 Cal	1–50	Thin liquid
Glucerna [®] 1.2 Cal	1–50	Thin liquid
Glucerna [®] 1.5 Cal	1–50	Thin liquid
Glucerna 1.5 Cal (chilled)	51–350	Nectar-like
Impact [®]	20	Thin liquid
Impact [®] with Fiber	40	Thin liquid
Impact [®] Advanced Recovery	40	Thin liquid
Isosource [®] 1.5	45	Thin liquid
Isosource [®] HN	50	Thin liquid
Jevity [®] 1 Cal	51–350	Nectar-like
Jevity [®] 1.2 Cal	51–350	Nectar-like
Jevity [®] 1.5 Cal	51–350	Nectar-like
Nepro [®] with Carb Steady [®]	51–350	Nectar-like
Novasource [®] Renal	50	Thin liquid
NutriHep [®]	N/A	
Nutren [®] (all products)	19–21	Thin liquid
Optimental [®]	1–50	Thin liquid
Osmolite [®] 1 Cal	1–50	Thin liquid
Osmolite [®] 1.2 Cal	51–350	Nectar-like
Osmolite [®] 1.5 Cal	51–350	Nectar-like
Peptamen [®] (standard and with prebiotics)	43	Thin liquid
Peptamen [®] 1.5	75	Nectar-like
Peptamen AF [®]	50	Thin liquid
Promote [®]	1–50	Thin liquid
Promote [®] with Fiber	51–350	Nectar-like
Pulmocare [®]	1–50	Thin liquid
Pulmocare [®] (chilled)	51–350	Nectar-like
Suplena [®] with Carb Steady [®]	51–350	Nectar-like
TwoCal [®] HN	51–350	Nectar-like
Vital [®] 1.0 Cal	1–50	Thin liquid
Vital [®] 1.5 Cal	1–50	Thin liquid
Vital 1.5 (chilled)	51–350	Nectar-like
Vital AF 1.2 Cal [™]	51–350	Nectar-like
Vivonex [®] Plus	15	Thin liquid
Vivonex [®] RTF	80	Nectar-like
Vivonex [®] T.E.N.	13	Thin liquid

Viscosity (cP) is listed as the full range if the manufacturer described the product only by type of liquid (eg, thin/nectar). Products are assumed at specified viscosity for both room temperature and chilled unless specified. Product information obtained from Nestlé Nutrition and Abbott Nutrition.

Note: Unless labeled as such, supplements that may have a viscosity level that falls within the nectar-like category were not standardized for consideration as such and may vary by batch. You should administer these products only under the supervision of speech therapy.

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