



## Thrive Ice Cream Product Thickness

<b>Flavor</b>	<b>Thickness</b>	<b>cP Viscosity</b>	<b>IDDSI* test</b>	<b>Description</b>
NSA Creamy Vanilla	Nectar	228	2	Mildly Thick
Creamy Vanilla	Nectar	152	2	Mildly Thick
Fresh Strawberry	Nectar	172	2	Mildly Thick
Simply Chocolate	Honey	464	3	Moderately Thick

cP viscosity testing was conducted by the University of Arkansas Department of Food Science in 2015. The International Dysphagia Diet Standardization Initiative\*(IDDSI) tests results are also shown. The IDDSI Slip Tip syringe Flow test methods can be found at [IDDSI.org](http://IDDSI.org) - Resources - Framework – Test Instructions.

Based on the scientific measurement of viscosity, and the careful review from a speech pathologist, NSA Creamy Vanilla, Creamy Vanilla, and Fresh Strawberry are nectar consistency (Mildly Thick) when melted to body temperature and Thrive Simply Chocolate melts to a honey consistency (Moderately Thick).

Individuals with dysphagia often have very specific consistency needs. A speech pathologist should be involved in determining what consistencies are most appropriate for individuals with dysphagia diet needs.