



Thrive Ice Cream Product Thickness

Flavor	Thickness	cP Viscosity(avg.)
Creamy Vanilla	Nectar	220.84(+16.98)
Fresh Strawberry	Nectar	156.72(+27.55)
Simply Chocolate	Nectar	267.61(+23.55)
NSA Creamy Vanilla	Nectar	65.62 (+8.84)

cP viscosity testing was conducted by the University of Arkansas Department of Food Science in April, 2017, at a range of temperatures from 16°C to 36.5°C(60°F to 98.6°F) and from 20 to 60 second time frame. Tests were performed on a AR 2000 (Advanced Rheometer).

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.

The National Dysphagia Diet Task Force classified thickened liquids based on their viscosity as follows

- (a) thin [1 - 50 centipoise (cP)]
- (b) nectar-like (51-350 cP)
- (c) honey-like (351-1750 cP)
- (d) spoon-thick (more than 1,750 cP)

*Reference:*National Dysphagia Diet Task Force (2002). *National Dysphagia Diet: Standardization for Optimal Care*. Chicago, IL: American Dietetic Association.