Figure 1 **Negative sequelae of dysphagia, adopted from Broday, et al. 1999.**

<table>
<thead>
<tr>
<th>Dysphagia</th>
</tr>
</thead>
<tbody>
<tr>
<td>Aspiration Pneumonia</td>
</tr>
<tr>
<td>Malnutrition &amp; Dehydration</td>
</tr>
<tr>
<td>Immuno-compromise</td>
</tr>
<tr>
<td>Poor wound healing</td>
</tr>
<tr>
<td>Increased risk of infections</td>
</tr>
<tr>
<td>Increased risk of skin breakdown</td>
</tr>
<tr>
<td>Decreased functional status</td>
</tr>
<tr>
<td>Decreased swallowing ability</td>
</tr>
</tbody>
</table>

— ADAPTED FROM BRODY R, 1999

Figure 2 **Chilled Beverage Viscosity Range**

*National Dysphagia Diet defines nectar-like liquids = 51-350(cP)*

**Low**

**High**

- Jumex® Guava Nectar 107.1
- V8® Fusion Smoothie - Strawberry Banana 110.6
- Boost® Nutritional Shake - Vanilla 194.5
- Yoplait® Yo-J - Wildberry 220.5
- Starbucks® Frappuccino - Coffee 224
- Pediasure® Sidekicks - Vanilla 235.8
- Jumex® Apricot Nectar 237.5
- Great Value® 100% Prune Juice 243.5
- Land O’ Lakes® 2% White Milk 246.7
- Ensure® Nutritional Shake Vanilla 247.1
- Kemps® Low-fat Buttermilk 247.2
- V8® Original Vegetable Juice 248.5
- Nespik® 1% Chocolate Milk 248.9
- Starbucks® Frappuccino – Coffee 249.5
- Great Value® 100% Vegetable Juice 250.4
- Pediasure® Sidekicks Chocolate 254.1
- Kemps® Low-fat Buttermilk 254.5
- V8® Original Vegetable Juice 256.5
- V8® Fusion Smoothie Chocolate 257.6
- Land O’ Lakes® 2% White Milk 259.2
- Trul Moo® 1% Chocolate Milk 271.1
- Equate® Nutritional Shake Plus-Chocolate 271.4
- Kemps® Low-fat Buttermilk 273.1
- Nespik® 1% Chocolate Milk 284.9
- Del Monte® Tomato Juice 308.5
- V8® Nectar-thick barium 336.2
- Naked® Smoothie Mighty Mango 336.2

**NOTE:** Varibar Nectar-thick barium has a cP value of 300.