

**Figure 2 Chilled Beverage Viscosity Range**  
*National Dysphagia Diet defines nectarlike liquids = 51-350(cP)*

Low

High

- **Jumex® Guava Nectar 107.1**
- V8® Fusion Smoothie Strawberry Banana 110.6
- **Boost® Nutritional Shake Strawberry 114.5**
- Yoplait® Yo-J Wildberry 220.5
- **Yoplait® Yo-J Strawberry 194.5**
- Starbucks® Frappuccino Coffee 224
- **Sunsweet® 100% Prune Juice 229.5**
- Naked® Smoothie Red Machine 234.5
- **Jumex® Sidekicks Chocolate 235.8**
- **International Delight® Iced Coffee Original 243.6**
- Land O' Lakes® Low-fat Buttermilk 243.6
- **Kerns® Peach Nectar 248**
- Boost® Nutritional Shake Chocolate 253.5
- **Naked® Smoothie Green Machine 256**
- Pediasure® Sidekicks Vanilla 257.4
- **Equate® Nutritional Shake Chocolate 258**
- V8® Fusion Smoothie Mango 263.5
- Land O' Lakes® 2% White Milk 267.2
- **Ensure® Nutritional Shake Vanilla 271.1**
- TruMoo® 1% Chocolate Milk 271.1
- **Kemps® Low-fat Buttermilk 273.1**
- Equate® Nutritional Shake Plus Vanilla 273.4
- **V8® Original Vegetable Juice 274.5**
- Nesquik® 1% Chocolate Milk 284.9
- **Great Value® 100% Vegetable Juice 288.6**
- Campbell's® Tomato Juice 300
- **DelMonte® Tomato Juice 308.5**
- **Naked® Smoothie Mighty Mango 336.2**

BROOKFIELD CONE PLATE VISCOMETER, #41 SPINDLE AT 50RPM  
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**NOTE:** *Varibar Nectar-thick barium has a cP value of 300.*