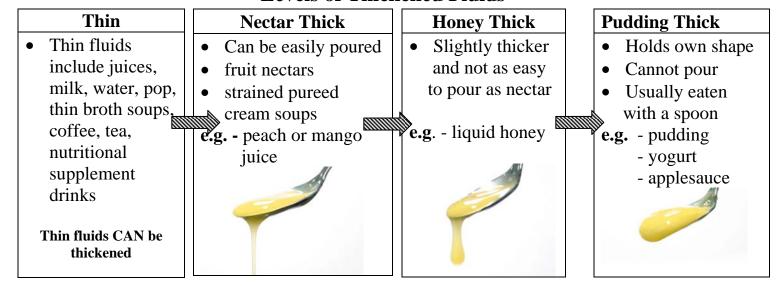


Thickened Fluids

Why do you need THICKENED FLUIDS?

If you have trouble swallowing (dysphagia), you may find thickened fluids helpful. Thin fluids can be harder to swallow. Thickened fluids can be controlled in the mouth and can help prevent fluid from getting into the lungs. There are different levels of thickened fluids.

Levels of Thickened Fluids



It is recommended that you use _____ fluids.

Foods and Fluids to Avoid:

Fluids combined with solids include:

- Soup with crackers.
- Soups with pieces of meat, vegetables, noodles or grains (rice/barley).
- Cold cereal with milk.
- Jell-O with fruit pieces.
- Canned fruit packed in juice, watery fruits such as watermelon, oranges

Foods that melt in the mouth and turn into thin fluids include:

• Ice cream, frozen yogurt, sherbet, slushes, milkshakes and Jell-O.

To be used in conjunction with advice from a Registered Dietitian.

Some foods/fluids are naturally thick but others need to be thickened with either natural or commercial thickeners.

Natural Thickeners:

Use a whisk, fork or blender to mix these foods into thin fluids:

- Mashed potato flakes, infant cereals or pureed vegetables can be used to thicken soups.
- Flour or cornstarch (dissolved in a small amount of water) can be added to fluids during cooking.
- Pureed fruit such as applesauce or blended banana can be added to thicken juices.

DO NOT add ice to thickened fluids. It will melt in the mouth and turn into thin fluid.

Commercial Thickening Products:

- Thicken Up®, Thick It®, Ultra Thick® and other commercial thickening products can be used to thicken beverages, soups and pureed foods. These can be found at some pharmacies. They can be used in both cold and hot fluids. NOTE: When you thicken hot fluids they tend to get thicker as they cool.
- Most commercial thickeners include guidelines on how to get the right consistency (nectar/honey/pudding). It is very important to follow the directions on the label to get the best results.
- Add thickeners slowly while mixing. Over-mixing may delay the time it takes to thicken fluids.
- The fluid will reach the right thickness within 1-5 minutes. Juices will thicken the fastest while milk and nutrition drinks (e.g. Ensure or Boost) will take longer to thicken.
- Pre-made thickened products such as juice, tea, milk and water can also be purchased at some pharmacies. Check with your Dietitian for more details on these products.

NOTE: To prevent dehydration you will need to drink 6-8 cups of thickened fluids each day. The signs of dehydration include being thirsty, having a dry mouth, peeing less often and confusion.



Simple Recipes for Thickened Fluids

Fruitshake (nectar thick)

Milk, whole Canned peaches, drained Ice cream Skim milk powder Commercial thickener	3/4 cup 2-284ml. cans 3/4 cup 2 tablespoons 2 teaspoons
Blend all ingredients until peaches Refrigerate. Discard if not used w	s are pureed. For variety, substitute other fruits. vithin 24 hours. Makes 3 cups.
Apricot Yogurt Smoothie (honey t	thick)
Apricot Nectar Plain Yogurt	1 cup 1 cup
Combine ingredients in blender ar hours.	nd blend until smooth. Discard if not used within 24
Spec	cial Considerations/Tips
Date:	
Registered Dietitian: Phone Number:	

