Thickening Liquids

Make liquids as thick as:
- Nectar (syrup-like consistency)
- Honey (like cold honey on a spoon)
- Pudding

To thicken liquids
- See can instructions for amount of thickener needed for the amount of liquid you will drink.
- Thickener instructions will vary depending on the thickener brand.

Important information
- Thicken all liquids including water, soup, juices, milk, milk on cereal, coffee, soda, etc.
- Do not use ice.
- Do not use gelatin; it is considered to be a thin liquid.
- Broth soups are thin liquids and need thickener added.
- Cream soups are nectar thick. You only need to add thickener if you need honey or pudding thick liquids.
- Ask your therapist if you can have ice cream products.
- If liquids are too thick, they can be thinned down with more liquids; if too thin, add more thickener a little bit at a time to reach desired thickness.
- Some liquids, especially water, will separate over time or get thinner, so always check before drinking, and stir again before drinking.
- Some liquids (usually hotter ones) will need extra thickener.

Where and what to buy
- Thickener can usually be purchased at many pharmacies like Walgreens, CVS or Walmart.
- Some pharmacies carry pre-thickened juice, water or milk. These can also be purchased at homecarenutrition.com.
- Medicare or Medicaid will not pay for thickener.

Tips
- Instant potato granules or flakes are inexpensive thickeners that contribute some flavor and texture; instant potatoes are useful for soup and thin gravy.
- Applesauce can be used to thicken fruit juice. It works best when used along with a commercial food thickener.
- Pureed vegetables may be used to thicken soup or stew.
- Pudding can be added to milk or coffee to make a shake.
- Fruit smoothies – make to desired thickness.
- Naturally nectar thick liquids can be used, such as fruit nectar, tomato juice, buttermilk, drinkable yogurt and eggnog.

Note: If using these products, make sure liquids are the correct consistency as stated above.

The information presented is intended for general information and educational purposes. It is not intended to replace the advice of your health care provider. Contact your health care provider if you believe you have a health problem.