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.