

Thickening Liquids

Make liquids as thick as _____ .

To thicken liquids:

1. Add _____ thickener to ½ cup liquid (4 oz.)
2. Stir briskly
3. Allow to thicken for 2 – 4 minutes before drinking.

- If liquids are too thick, they can be thinned down with more liquids; if too thin, add more thickener.
- Thicken all liquids including water, soup, juices, milk, coffee, soda, etc. **DO NOT** eat Jello because it is considered to be a thin liquid. Ask your therapist if you can have ice cream-type products.
- Some liquids (usually hotter ones) will need extra thickener.
- Thickener can usually be purchased at a pharmacy. Common brand names are “Thicken Up,” “Thick It,” “Thick and Easy,” etc. Some pharmacies carry pre-thickened juice, water and milk.
- Other ways to thicken liquids: cornstarch, rice flakes, mix soup with mashed potatoes, add ice cream or frozen yogurt to liquids to make a shake.

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.