

THICKENING FOODS & LIQUIDS

Thickened liquids form a more cohesive mass, which passes more slowly from the mouth to the throat giving someone more time to swallow. Pureed solids are less likely to cause gagging when someone has problems swallowing. Some people will be able to handle small lumps in their foods; other will need foods completely blended and free of lumps.

Tips for Thickening

Liquids:

	(Calories/Tbsp.)
cold liquids: pureed fresh or canned fruits	(5-11 cal.)
(Pears have the least flavor of their own, but fruit combinations can be fun.)	
banana flakes	
unflavored gelatin (Some people find the gelatin mixture unstable and a difficult texture.)	
regular or instant pudding mix (Use sugar free for diabetics.)	
yogurt (Works especially well for milk.)	
soft tofu	
ice cream or pureed fruit in milk to make milkshakes or smoothies	
Carnation Instant Breakfast using 1 packet to only 4 oz. of milk	
formula/milk or juice for babies: dry rice baby cereal to thicken (4 cal.)	
Start with 1 Tbsp of dry cereal for every 2 oz. of formula/milk/juice.	
breast milk: use Simply Thick. Other thickeners are digested by breast milk enzymes.	
commercial thickeners can be used in hot or cold liquids/foods (See the list below.)	

Soups, stews, sauces and gravies:

instant potato flakes, mashed potatoes	(11 cal.)
flaked baby cereal	(4 cal.)
bread or cracker crumbs	(22 cal.)
pureed or strained baby vegetables or meats	(5-11 cal.)
soft tofu	(10 cal.)

Pureed vegetables:

mashed white or sweet potatoes, potato flakes or sauces, bread crumbs

Pureed fruits:

flaked baby cereal, tapioca or cooked cream of rice/wheat cereal

Other pureed foods:

wheat germ (27 cal.)

Naturally thick foods such as applesauce, mashed banana, oatmeal, cream of wheat/rice, yogurt with small bits of fruit, mashed potatoes and refried beans can be eaten alone or added to other foods.

Recipes and other information courtesy of Children's Medical Center of Akron.

Commercial Thickeners

(Calories/Tbsp.)

Thik and Clear (powder)	1-800-654-3691	(12 cal.)
Simply Thick (gel)	1-800-205-7115	
Thick-It and Thick-It 2 (powder)	1-800-333-0003	(16 cal.)
Thicken Right	1-800-732-5805	(18 cal.)
NutraThick	1-800-732-5805	(26 cal.)
Thick n Easy	1-800-866-7757	(15 cal.)
ThickenUp	1-800-438-6153	(15 cal.)
Pre-thickened Juices (apple, orange, cranberry)	1-800-438-6153	
Dairy Thick (pre-thickened milk)	1-800-438-6153	

Recipes

These thickened drinks flow into the mouth slowly to permit better swallowing.

Thick Liquids Recipe (any liquid)

Blenderize 8 oz cold liquid and ½ cup tapioca. Bring 56 oz. (7 cups) water to a boil. Add tapioca and liquid mixture and continue to boil for 1 minute, stirring constantly. Remove from heat. Pour into cups. Let sit until cool. Refrigerate if not using right away. The thickened liquid will retain its consistency for a few days in the refrigerator. If it turns to a gel, add small amounts of liquid and mix until it becomes a thick liquid again.

Smoothie

Blenderize 1 cup whole milk, ½ cup dry baby rice cereal, ½ cup fruit and 2 tsp canola oil until smooth. Larger quantities may be prepared in the morning, refrigerated and used throughout the day.

Fruit Shake

Blenderize 1 ½ cups fresh, frozen or canned fruit and 1 cup milk until smooth.

Fruit Blend

Blenderize ¼ cup apple juice, ¼ cup orange juice and 1 cup canned peaches or pears until smooth.

Fruit Flavored Milkshake

Blenderize ½ cup milk, ½ cup ice cream and ½ cup fresh or canned fruit until smooth.

High Protein Smoothie

Blenderize 1 cup fruit flavored yogurt, 1 cup milk, ½ cup fresh or canned fruit and 1 cup cottage cheese until smooth.

Creamed Vegetable Soup

Blenderize ½ cup strained or very soft cooked vegetable, ½ cup milk or plain yogurt, 1 tsp margarine, salt, onion powder and crushed dried parsley flakes to taste until smooth. Heat.