

Guidelines for Thickening Liquids

Half Nectar Strength

The thickness of coffee creamer/half and half

Simply Thick (gel-based thickener)	One 15 g. nectar packet or 1 pump from jug dispenser to 8 ounces of liquid; shake vigorously
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OR



Our clinic suggests that you use gel-based thickeners. They keep their thickness best over time. Thickening powders like Thick-it are available but aren't the best to use because the liquid tends to get thicker over time. Also, these powders may not work the same every time even if you use the same amount of powder in different liquids. If you would like more information on these thickeners or other ways to thicken liquids, please call the therapists your child saw for the study today.

IN CARE OF KIDS

Please note: Breast milk can't be thickened with cereals or powders because enzymes in breast milk break down these thickening agents. If you need to thicken breast milk to feed your child, the only product that you can use for children under 3 years old that thickens breast milk is Simply Thick.

Liquids that must be thickened before giving to your child:

- All Fruit Juices
- Broth
- Water
- Milk
- Chocolate Milk
- Double Strength Milk
- Tea
- Soda / Pop
- Nutrition Supplements like (Pediasure / Ensure/Pedialite)
- Hot Chocolate
- Carnation Instant Breakfast
- Kool-Aid / Lemonade

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Author: Speech Language Pathology | Approved by Patient Education Committee | Valid through 2019The information presented is intended for educational purposes only. It is not intended to take the place of your personal doctor's advice and is not intended to diagnose, treat, cure or prevent any disease. The information should not be used in place of a visit, call or consultation or advice of your doctor or other health care provider.

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