Thickened Liquids

What are the different levels of thickened liquids?

**Nectar-Thick Liquids** - Have a similar consistency to syrup, tomato juice, unset gelatin.
- Easily pourable, coats and drips off spoon.
- **Avoid** Jell-O, ice cream, sorbet, and popsicles.

**Honey-Thick Liquids** - Have a similar consistency to honey.
- Less pourable, drizzles from a cup or bowl in a ribbon.
- **Avoid** Jell-O, ice cream, sorbet, and popsicles.

**Pudding-Thick Liquids** - Have a similar consistency to pudding, custard, and yogurt.
- Not pourable, usually eaten with a spoon. Hold their own shape.
- Stays on spoon in a soft mass and “plops” off the spoon like pudding.
- **Avoid** Jell-O, ice cream, sorbet, and popsicles.

**Individuals on a thickened liquid diet should have nothing thinner than the liquid consistency recommended. Most liquids can be thickened.**

Where can I buy thickener products?

- Cans of thickener powder can be purchased at most supermarkets or drug stores at the pharmacy counter. (Thickener cans are not stocked on the shelves — you have to ask the Pharmacist directly.)
- Prethickened liquids and cans of thickener powder can be purchased directly from companies such as Sysco Cash & Carry Store, Thick & Easy Resource, Simply Thick, Thick-It, and Hydra Aid. (Ask your Speech-Language Pathologist for more information.)

Helpful Hints for Thickening Liquids

- Always measure both the liquid and the thickener before thickening.
- Allow plenty of extra room in the glass or pitcher to stir briskly.
- Stir the measured liquid briskly with spoon or wire whisk and gradually add measured thickener.
- Allow drink to sit for at least one to two minutes to get the right consistency.
  - If too thick, add a small amount of thin liquid and stir as directed.
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**Ask your Speech-Language Pathologist for more tips.**

Pre-Thickened Liquids

Pre-thickened liquids are provided at your sub-acute and long-term care facilities within the Catholic Health System. The Catholic Health System currently uses **Thick & Easy by Hormel.**

**Thick & Easy® Pre-Thickened Drinks**

DC Distributors has a complete line of THICK & EASY® pre-thickened beverages to answer your need for ready-to-serve, reliably thickened drinks. This is the product quality you would expect from Hormel HealthLabs, an industry leader in foods for patients and residents with dysphasia. Every thickened juice product is fortified with Vitamin C. Each 4-ounce serving provides the full 100% recommended daily requirement for Vitamin C. Easy to use packaging ensures maximum convenience and handling ease, both by the resident and the foodservice operator. The four-ounce portion control cups have easy-peel foil barrier seals that remove quickly and cleanly, minimizing spills.

**Thick & Easy® Pre-Thickened Dairy**: Thickening dairy products can be difficult. Thick & Easy® milk allows you to provide a high-quality consistent beverage every time. The milk is a low fat 2% product with the same nutritional benefits as regular 2% milk. Does not require refrigeration when sealed. Just chill and serve as needed.

Thick & Easy® is also Kosher certified and Gluten free.


For more information, please contact:
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