Thickened Liquids

Your doctor and speech pathologist have found that it is safer for you to have liquids thickened before you drink them. This helps the fluids go through your mouth and throat more slowly. This should minimize the risk of liquids going into your lungs or causing you to cough.

The nectar and honey thick choices offered at UW Hospital are listed below.

**Nectar Thick Choices**

<table>
<thead>
<tr>
<th>Pre-packaged Nectar Thick</th>
<th>Kitchen will thicken on request</th>
</tr>
</thead>
<tbody>
<tr>
<td>• Apple juice</td>
<td>• Lactaid® milk</td>
</tr>
<tr>
<td>• Orange juice</td>
<td>• Diet lemonade</td>
</tr>
<tr>
<td>• Cranberry juice</td>
<td>• Grape juice</td>
</tr>
<tr>
<td>• 2% milk</td>
<td>• Iced tea (regular or decaf)</td>
</tr>
<tr>
<td>• Water</td>
<td>• Coffee (decaf)</td>
</tr>
<tr>
<td>• Novasource Renal® Nutrition Supplement</td>
<td>• Hot cocoa</td>
</tr>
<tr>
<td>• Boost Compact® Nutrition Supplement</td>
<td></td>
</tr>
<tr>
<td>• Magic Cup® (chocolate, vanilla, orange, wild berry)</td>
<td></td>
</tr>
<tr>
<td>• Prosource® Gelatin Plus (pineapple)</td>
<td></td>
</tr>
</tbody>
</table>

**Honey Thick Choices**

<table>
<thead>
<tr>
<th>Pre-packaged Honey Thick</th>
<th>Kitchen will thicken on request</th>
</tr>
</thead>
<tbody>
<tr>
<td>• Apple juice</td>
<td>• Lactaid® milk</td>
</tr>
<tr>
<td>• Orange juice</td>
<td>• Lemonade</td>
</tr>
<tr>
<td>• Cranberry juice</td>
<td>• Grape juice</td>
</tr>
<tr>
<td>• 2% milk</td>
<td>• Iced tea (regular or decaf)</td>
</tr>
<tr>
<td>• Water</td>
<td>• Coffee (decaf)</td>
</tr>
<tr>
<td>• Magic Cup® (chocolate, vanilla, orange, wild berry)</td>
<td>• Hot cocoa</td>
</tr>
<tr>
<td>• Prosource® Gelatin Plus (pineapple)</td>
<td></td>
</tr>
</tbody>
</table>

Some thin liquids are safe on thickened liquid diets if they are properly thickened.

**Safe IF Properly Thickened**

- Soda
- Milk
- Tea (hot or cold)
- Fruit juice
- Water
- Nutrition supplements like Boost® or Ensure®
- Coffee
- Broth
- Vegetable juice
- Lemonade

Some thin liquids cannot be thickened safely and should be avoided on thickened liquid diets.

**NOT Safe on Thickened Liquid Diets**

- Gelatin
- Jell-O®
- Frozen Yogurt
- Popsicles
- Sherbet/sorbet
- Hard candy
- Milkshakes
- Malts
- Italian ice
- Ice cream
- Fruit smoothies
Basic Tips for Thickening Liquids

- Do not eat anything that melts.
- Do not add ice cubes to thickened liquids.
- You may need to avoid juicy foods like watermelon, apples or oranges.
- Drain the juice off of canned fruit.
- You can buy commercial thickeners at the drug store or order online.
- You can buy pre-thickened juices and milk.
- Your Speech Pathologist can work with you on the correct way to thicken your liquids.
- Dairy products, like milk, take longer to thicken.
- Hot drinks that have been thickened tend to become thicker as they cool.
- If you mix a drink in advance and let it sit for a long period of time it will continue to thicken.
- Soups may be pureed in a blender or strained to remove chunks or lumps then thickened with flour, cornstarch, potato flakes, or commercial thickeners to appropriate consistency.

Teach Back
What is the most important thing you learned from this handout?

What changes will you make in your diet/lifestyle, based on what you learned today?

If you have more questions please contact UW Health at one of the phone number listed below. You can also visit our website at www.uwhealth.org/nutrition

Nutrition clinics for UW Hospital and Clinics (UWHC) and American Family Children’s Hospital (AFCH) can be reached at: (608) 890-5500.

Nutrition clinics for UW Medical Foundation (UWMF) can be reached at: (608) 287-2770.