

Foods and Products to Thicken Liquids

General Information

Any thin liquid can be thickened. Mildly-thick liquids have the consistency of thick tomato juice. They will coat the cup or spoon, but will not make a pattern when poured from a spoon.

Moderately-thick liquids have the consistency of honey. They will make a pattern when poured from a spoon. A commercial thickener must be used as there are no naturally moderately-thick liquids.

Foods Used to Thicken Liquids

You can use any of the following to thicken liquids to the consistency of mildly thick.

- banana flakes (baby food)
- Carnation® Instant Essentials®
- cooked cereals (cream of wheat, cream of rice or oatmeal) or instant cereal flakes
- cornstarch
- custard mix
- gravy
- instant potato flakes
- mashed potatoes
- plain, unflavored gelatin powder
- pudding powder
- pureed fruits, meats or vegetables (baby food)
- rice cereal (baby food).

If you have diabetes, read food labels for the carbohydrate count.

Thickeners You Can Buy

You can buy thickeners at pharmacies.

- Resource® Thicken Up®
- Thick-it®
- Thick-it® AquaCare H20®
- Thik & Clear®
- Hormel™ Thick & Easy®
- SimplyThick® (don't give to babies who were born before 37 weeks)

Follow the package instructions.

Whom To Call With Questions

Talk with your speech-language pathologist if you have any questions.

Please note: Allina Health does not endorse any of the products or companies listed in this document.