

# Thickened Fluids Diet

## A guide to making thickened fluids at home

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### What is a thickened fluid?

A thickened fluid has the consistency of pudding. It is made by adding a thickener to a thin fluid.

Household thickeners are foods around your house such as flour and corn starch that can be used to thicken fluids. Household thickeners work best to thicken hot foods like pureed soups, sauces and gravies. Add small amounts of thickener until the fluid is like pudding.

Household Thickeners
<ul style="list-style-type: none"><li>• flour</li><li>• corn flour</li><li>• corn starch</li><li>• gravy powder</li><li>• mashed potato</li><li>• pureed baby food</li><li>• instant potato flakes</li></ul>



Commercial thickeners or thickening powders are special products you can buy that are made specifically for thickening liquids. They are good at thickening cold and hot liquids. Some commercial thickeners can be “stirred- in” and others must be “mixed- in” using a blender. Check the label for the best way to use your thickener.

Commercial Thickeners
<ul style="list-style-type: none"><li>• Kingsmill Quick Thick®</li><li>• Resource Thicken Up®</li><li>• Resource Thicken Up Clear®</li><li>• Oetker Ultra Thick®</li></ul>



Always refrigerate thickened liquids that you are not going to drink right away.

## What are some thickened liquids that are already in the fridge or pantry?

- custard
- pudding
- plain or fruit yogurt that is smooth (without skin or seeds)

## Can I drink any thin fluids, like water?

Ask your health care provider whether you are able to safely drink any thin fluids, like water.

- Yes       No       Yes, only between meals

## How much fluid do I need?

It is important to make sure that you are drinking enough fluids every day to avoid being dehydrated. Adults need about 6 to 8 cups of fluid each day. You may need even more in hot weather or when you are active.

Mix a large batch of thickened water in the morning and drink it throughout the day to make sure you get enough fluid.

