

Thickened Liquids Guide

1. 1 thickener packet per 4 oz of water
 - a. 2 Packets for 8 oz
 - b. 3 packets for 12 oz
 - c. 4 packets for 16 oz (standard bottle of water)
2. Stir thickener with a fork to avoid clumps
3. Stir for 20 seconds to ensure thickened properly
4. Do NOT thicken with ICE at all
5. DO NOT put ICE in thickened liquids
6. Drinks will thicken more over time so make sure they are replaced often
7. DO NOT LEAVE THIN LIQUIDS IN THE ROOM
8. It is harder to drink thick liquids with a straw

Liquids that can be thickened

- Water, tea, coffee, juices, soda (ask for a tutorial from your SLP)
- IMPORTANT: Hot drinks will continue to thicken as they cool
- MILKSHAKES ARE NOT A THICK LIQUID THEY MELT DOWN TO THIN CONSISTENCY

Dangers of under thickening liquids

Home Guide For Thickening Liquids

S Ben Porath



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