Instructions for Thickening Liquids

Use instant food thickener to thicken your liquids. Follow the instructions on the back of the can. Sometimes you need to change the amount of powder you use to make your liquids thick enough. This is because many things can affect the way the thickening powder works. For example:

- Thickened liquids that are hot can get thicker as they cool.
- If you let thickened liquids sit, they usually get thicker.
- Thickening agents work differently when it is very humid or very dry outside.
- You may notice tiny “lumps” of thickener floating on top when you thicken a supplement, like Ensure. This means the thickener did not dissolve well. Use a blender or food processor to make sure the thickener fully dissolves. Otherwise, you will have a thin liquid with clumps of thickener in it. This is not the same thing as a thickened liquid and defeats the purpose of using the powder.

Your speech pathologist will give you a sample of pre-thickened liquid. Compare liquids you thicken with this sample to make sure they are thick enough. This is the best way to make sure you are drinking liquids that are safe for you.