

Preparing Thick Fluids: A Training Program for Supportive Living Sites



Nutrition and Food Services
2015

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Outline

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- Types of Thick Fluids
- Equipment
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- Pre-thickened Beverages
- Preparing Thick Fluids
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Objectives

- Describe the appearance of each type of thick fluid
- Follow instructions and guidelines for preparing thick fluids using the correct equipment
- Correctly make and serve the appropriate thick fluid according to individual needs

Introduction

- It is important to ensure staff:
 - Understand the different levels of thickness for thick fluids
 - Practice preparing thick fluids
 - Use an appropriate commercial thickener
 - Are able to follow a thick fluid recipe
- Pre-thickened beverages may be purchased for safety and convenience

Introduction

- A fluid is any liquid such as water or juice.
- A food that is liquid at room temperature (e.g. ice cream, popsicle), or body temperature (e.g. gelatin desserts) are also considered fluids.
- Thin fluids need to be thickened with a commercial thickener.

Types of Thick Fluids



Nectar Thick



Honey Thick



Pudding Thick

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Equipment



Whisk



Mixer



Blender

Commercial Thickeners

- Different fluids will need different amounts of commercial thickener.
- Always follow the directions on the container to thicken fluids to the right type.



Pre-Thickened Beverages

- Thick fluids may also be purchased, or sourced, through suppliers or pharmacies as pre-thickened beverages.
- Sourced thick fluids can help to ensure safety, nutrition, and appropriate and consistent thickness.
- Pre-thickened juices, milk and water are available in nectar and honey thick.

Preparing Thick Fluids

Follow recipe instructions very carefully:

- Measure correct amount of thickener
- Measure correct amount of fluid
- Stir, whisk or blend the product as indicated by the recipe
- Let stand for the time shown on the recipe



It can take up to 15 to 20 minutes for the thickener to fully thicken the fluid.




Preparing Thick Fluids

- Make sure the powder is completely dissolved
- Make sure there are no lumps



Summary

Use the Thick Fluids poster as a guide.

<p align="center">THICK FLUIDS</p> <p align="center">All fluids that are thin liquids at room temperature must be thickened or removed from the diet</p>																			
<p align="center">NECTAR THICK (PREVIOUSLY LEVEL 1)</p>		<p align="center">HONEY THICK (PREVIOUSLY LEVEL 2)</p>		<p align="center">PUDDING THICK (PREVIOUSLY LEVEL 3)</p>															
																			
		<small>Photos used with permission from Nestle Healthcare Nutrition.</small>																	
<p>Description:</p> <ul style="list-style-type: none"> Mildly thick and runs freely off a spoon, but leaves a thin coating Can be sipped through a straw 		<p>Description:</p> <ul style="list-style-type: none"> Moderately thick and slowly drips in dollops off the tip of a spoon Too thick to be sipped through a straw 		<p>Description:</p> <ul style="list-style-type: none"> Extremely thick, sits on a spoon and does not flow off it Too thick to be sipped through a straw 															
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Questions?

If you have any future questions about thick fluids, please ask your **supervisor**.