Preparing Thick Fluids:
A Training Program for Supportive Living Sites

Nutrition and Food Services
2015

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Outline

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- Introduction
- Types of Thick Fluids
- Equipment
- Commercial Thickeners

- Pre-thickened Beverages
- Preparing Thick Fluids
- Summary
- Questions
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

www.albertahealthservices.ca
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
Use the Thick Fluids poster as a guide.

<table>
<thead>
<tr>
<th>NECTAR THICK (PREVIOUSLY LEVEL 1)</th>
<th>HONEY THICK (PREVIOUSLY LEVEL 2)</th>
<th>PUDDING THICK (PREVIOUSLY LEVEL 3)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Description:</td>
<td>Description:</td>
<td>Description:</td>
</tr>
<tr>
<td>- Mildly thick and runs freely off a spoon, but leaves a thin coating</td>
<td>- Moderately thick and slowly drips in dollops off the tip of a spoon</td>
<td>- Extremely thick, sits on a spoon and does not flow off it</td>
</tr>
<tr>
<td>- Can be sipped through a straw</td>
<td>- Too thick to be sipped through a straw</td>
<td>- Too thick to be sipped through a straw</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Foods Allowed</th>
<th>Foods NOT Allowed (liquid at room temperature)</th>
<th>Foods Allowed</th>
<th>Foods NOT Allowed (liquid at room temperature)</th>
<th>Foods Allowed</th>
<th>Foods NOT Allowed (liquid at room temperature)</th>
</tr>
</thead>
<tbody>
<tr>
<td>- All beverages thickened to Nectar Thick</td>
<td>- Regular ice cream</td>
<td>- All beverages thickened to Honey Thick</td>
<td>- Sherbet</td>
<td>- Sherbet</td>
<td>- Regular ice cream</td>
</tr>
<tr>
<td>- Some brands of tomato juice (e.g. Heinz®); fruit nectar</td>
<td>- Sherbet</td>
<td>- Smooth yogurt that is Honey Thick</td>
<td>- Popsicles</td>
<td>- Pudding Thick</td>
<td>- Sherbet</td>
</tr>
<tr>
<td>- Smooth yogurt that is Nectar Thick</td>
<td>- Pudding Thick</td>
<td>- Pureed or strained soup thickened to Honey Thick</td>
<td>- Table cream</td>
<td>- Pudding Thick</td>
<td>- Table cream</td>
</tr>
<tr>
<td>- Pureed or strained soup thickened to Nectar Thick</td>
<td>- Standard portion gravy or sauce (30 mL/ menu item)</td>
<td>-</td>
<td></td>
<td>-</td>
<td>-</td>
</tr>
<tr>
<td>- Standard portion gravy or sauce (30 mL/ menu item)</td>
<td>-</td>
<td>-</td>
<td></td>
<td>-</td>
<td>-</td>
</tr>
</tbody>
</table>
Questions?

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