

#### Preparing Thick Fluids: A Training Program for Supportive Living Sites



#### Nutrition and Food Services

2015

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### Outline

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

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- 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**



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## Equipment





# **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**

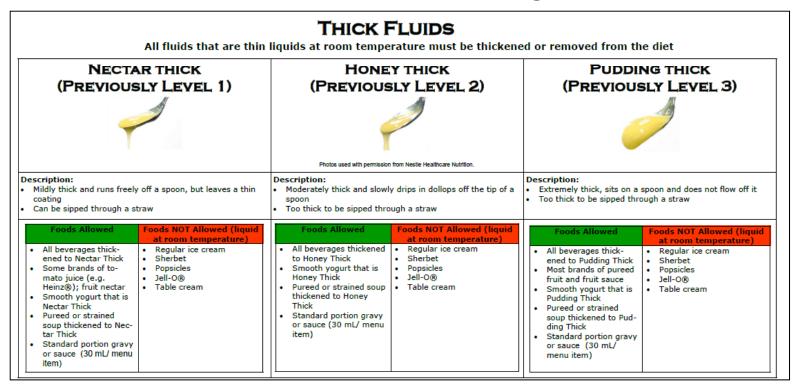
- Make sure the powder is completely dissolved
- Make sure there are no lumps





#### **Summary**

#### Use the Thick Fluids poster as a guide.



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