

## NUTRITION INFORMATION FROM YOUR DIETITIAN

# Dysphagia – Liquid Consistency

## Thick Liquids

### Purpose of Diet:

Thickened liquids are needed for people with swallowing problems to prevent breathing in liquids.

### Indications for Use:

Thickened liquids are used to protect people who have had a stroke, head injury, cancer, etc. from pneumonia.

### Description of Diet:

There are 3 levels of thickened liquids. These are **nectar thick**, **honey thick**, and **spoon thick**.

- **Nectar thick** liquids are the consistency of apricot nectar.
- **Honey thick** liquids are the consistency of honey.
- **Spoon thick** liquids are the consistency of pudding.

Thin liquids are all liquids that become thin at room temperature (ice cream), or body temperature (Jell-O). Any beverage, dessert, or soup that is a thin liquid consistency at room temperature will need to be thickened.

Dietitian: \_\_\_\_\_

Phone: \_\_\_\_\_

Facility: \_\_\_\_\_

Food group	Avoid unless thickened
Beverages	<ul style="list-style-type: none"> <li>• Alcoholic beverages</li> <li>• Carbonated beverages</li> <li>• Coffee</li> <li>• Ice chips</li> <li>• Juices</li> <li>• Milk</li> <li>• Nutritional Supplements.</li> <li>• Sodas</li> <li>• Tea</li> </ul>
Desserts	<ul style="list-style-type: none"> <li>• Eggnog</li> <li>• Frozen yogurt</li> <li>• Ice cream</li> <li>• Malts</li> <li>• Nutrition supplements</li> <li>• Other ices.</li> <li>• Popsicles</li> <li>• Sherbet</li> </ul>
Fruits	<ul style="list-style-type: none"> <li>• Thin fruit juices</li> <li>• Watermelon</li> </ul>
Cereals	¼ cup milk may be used on cereal if thin liquids are restricted; they should be blended well.
Vegetables	Tomato juice or vegetable juice
Soups	<ul style="list-style-type: none"> <li>• Broth</li> <li>• Strained soups,</li> <li>• Soups with soft vegetables and small pieces of soft meat</li> </ul>

This handout is intended for use during an appointment with a registered dietitian only, and is not meant for use by other clinicians.

## Your current level is: (RD, circle one)

Nectar-like

Honey-like

Spoon-thick

## Mixing Instructions

Using a commercial thickener (i.e. Thick-It) in thin liquids can make them safe for use.

The following is based on 4oz servings

Food item	Amount of thickener to use		
	Nectar-like	Honey-like	Spoon-thick
Apple Juice	3 tsp	4 ½ tsp	5 ½ tsp
Cranberry Juice	3 tsp	4 ½ tsp	5 ½ tsp
Coffee / Tea / Soup	3 ½ tsp	5 tsp	6 tsp
Iced Tea	3 ½ tsp	5 tsp	6 tsp
Nutritional Supplement / Shakes	2 tsp	3 ½ tsp	4 ½ tsp
Orange Juice	2 ½ tsp	4 tsp	5 tsp
Milk	2 ½ tsp	4 tsp	5 tsp
Water	3 ½ tsp	5 tsp	6 tsp

## Recipes

### Chocolate, peanut butter, banana shake

- Mix in a blender:
- ½ small banana
- 1 Tbsp peanut butter
- 2 tsp. (nectar thick), 3 ½ tsp. (honey thick), or 4 ½ tsp. (spoon thick) of Thick-It
- ½ of an 8 oz can of chocolate Boost or Sugar Free Carnation Instant Breakfast

## Product Carriers

- Rite Aid
- Walmart
- Target
- ShopKo
- Kmart
- Walgreens

## Product Web sites:

- [www.hormelhealthlabs.com](http://www.hormelhealthlabs.com)
- [www.precisionfoods.com](http://www.precisionfoods.com)

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