



**UVA Digestive
Health Center**

Beverage Thickening Agents

The information provided below is meant as a guide to help patients locate products that have been recommended by their speech pathologist or physician. This information is not intended to provide medical advice or to recommend any product. **Always follow the instructions provided by your speech pathologist and doctor.** UVA Health System does endorse any product, brand, or company (products are listed in alphabetical order).

Product	Website	Phone	Information*
Resource® ThickenUp®	www.nestlenutritionstore.com Direct Link: http://www.nestlenutritionstore.com/general-itemdetail.asp?T1=THKENUP+1CAN	888-240-2713	<ul style="list-style-type: none"> ◆ Instant thickener for hot or cold foods or beverages ◆ Does not alter the taste of the food or beverage ◆ 1 Tablespoon = 4 grams of carbohydrate = 1/4 Fruit Exchange ◆ Made from cornstarch ◆ Gluten free, lactose free, low residue, kosher
SimplyThick®	www.simplythick.com/	800-205-7115	<ul style="list-style-type: none"> ◆ Thickens hot or cold liquids ◆ Does not alter the taste of the beverage ◆ Made from xanthan gum, a soluble fiber ◆ < 1 gram of carbohydrate per packet ◆ Lactose and gluten free

Thick & Easy[®]	www.hormelhealthlabs.com	800-866-7757	<ul style="list-style-type: none"> ◆ Blends quickly and smoothly ◆ Stops thickening after one minute ◆ Retains consistency for shelf life of food or liquid ◆ Made from modified corn starch and maltodextrin ◆ Instant Food Thickener and NutraThik™ are gluten free ◆ 1 TBSP= 4 g carbohydrate = 1/3 Fruit Exchange ◆ Also available: Thick & Easy[®] for Supplement Drinks and NutraThik™ (added vitamins and minerals)
Thick-it[®]	www.thickitretail.com/index.html	800-333-0003	<ul style="list-style-type: none"> ◆ Thickens hot or cold beverages or pureed foods ◆ Sets most foods and beverages in 30-60 seconds; dissolves instantly ◆ Does not alter the taste of food ◆ Made with modified corn starch and maltodextrin ◆ Gluten free and lactose free, kosher parve ◆ 2 TBSP = 7g carbohydrate = 1/2 Fruit Exchange

*Information obtained by company website (as of January 4, 2011). Information is meant only as a guide and is not meant to promote any specific product or brand.

Common household ingredients used for thickening

Corn Starch
 Potato Starch
 Tapioca

Custard Powder
 Pectin
 Gelatin

Arrow Root
 Xanthan Gum

**Guidelines for use of household thickening agents: Read directions for thickening on box. If there are no directions for this, then begin to thicken beverage by adding a teaspoon of thickener into the beverage and stirring. Continue to add additional teaspoons until desired thickness is achieved.*

The University of Pittsburgh Medical Center (UPMC) at the website below offers nice information on nectar, honey and pudding thick liquids: <http://www.upmc.com/HealthAtoZ/patienteducation/N/Pages/thickenedliquidspudding-thick.aspx>