



www.Dysphagia-Diet.com

Purchasing Guide for Thickeners*

Viscosities may vary by brand. Consult with your health care professional about which product is appropriate for your specific needs.

Starch-based powder thickeners are usually made of modified cornstarch or a maltodextrin that is derived from corn. These thickeners can be mixed with most beverages to the desired consistency. Clear liquids will appear cloudy and beverages will have a slightly grainy texture. For best results, and to avoid over or under thickening, measure the amount of liquid and the amount of starch per the manufacturer's directions. Proper measuring and immediate mixing helps to ensure no lumping. About 1 to 3 minutes is needed to reach the proper consistency depending on the brand used.

For foods add about 1 Tbsp. per 4 oz. fruit, vegetable or meat to pureed food and thoroughly stir to mix. A blender or food processor will work best. All brands are Kosher, Gluten-free and Lactose-free. The powder's shelf life is 24-36 months unopened depending on brand.

	By Consistency					By Consistency		
	Nectar-Like	Honey-Like	Spoon Thick			Nectar-Like	Honey-Like	Spoon ^Thick
Starch-Based Powder Thickener	Tablespoons (T) per day for six 8-oz beverages			Pack Size	Tablespoons (T) per pack	Purchase Quantity Needed for One Week (7 days)*		
Thick-It®	12-17 T	29-30 T	40-46 T	8 oz can	56 T	2 cans	4 cans	5-6 cans
				30 oz can	212 T	1 can	1 can	2 cans
				6 - 30 oz cans	1272 T	Lasts 9-12 wks	Lasts 6 wks	Lasts 4-4½ wks
Thick-It®2	9-12 T	15-18 T	22-24 T	8 oz can	47 T	2 cans	3 cans	4 cans
				30 oz can	177 T	1 can	1 can	1 can
				6 - 30 oz cans	1062 T	Lasts 12-18 wks	Lasts 8-9 wks	Lasts 6 wks
RESOURCE® ThickenUp®	16 T	18 T	23 T	8 oz can	51 T	2 cans	3 cans	3-4 cans
				25 lb box	2520 T	Lasts 22-23 wks	Lasts 20-21 wks	Lasts 15½-16 wks
Thick & Easy®	12 T	18 T	24 T	8 oz can	50 T	2 cans	3 cans	4 cans
				2½ lb can	252 T	1 can	1 can	1 can
				4 - 2½ lb cans	1008 T	Lasts 12 wks	Lasts 8 wks	Lasts 6 wks
				25 lb can	2520 T	Lasts 26½ wks	Lasts 20 wks	Lasts 15 wks
Thick & Easy® Plus	12 T	18 T	20 T	8 oz can	45 T	2 cans	3 cans	4 cans

***Purchase Quantity is only a guideline.** Quantities stated are based on thickening an average of 6 typical (juice, water, milk) 8-ounce beverages **per day**, using that manufacturer's directions for thickening. Quantities purchased need to be increased for the week if thickening food in addition to beverages. It is recommended to purchase the higher quantity to cover both.

Courtesy of www.Dysphagia-Diet.com. For Information Call 855-Dysphagia (397-7424)

Based on manufacturer's product information, January 2012. Consult product label to confirm information.



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Gum-based thickeners usually contain xanthan and/or cellulose gums. Gum thickeners work well in all types of hot and cold beverages. Clear beverages remain clear and smooth with a slightly slippery texture. Gum thickeners require accurate measuring and vigorous mixing to get them into solution. They will require about 5 minutes to reach consistency and then will remain at the consistency. The gum powders or gel-type thickener can be used to thicken purée foods; however, they do not “stiffen” as well as starch thickeners. Because they result in a softer purée they do not work as well for molded foods or when a food is intended to hold shape. Gum-based powders have a shelf life of 24-36 months unopened; the gel-type thickener shelf life is 12-24 months unopened. They are Kosher, Gluten-free and Lactose-free.

	By Consistency					By Consistency		
	Nectar-Like	Honey-Like	Spoon Thick			Nectar-Like	Honey-Like	Spoon ^Thick
Gum-Based Powder Thickener	Tablespoons (T) per day for six 8-oz beverages			Pack Size	Tablespoons (T) per pack	Purchase Quantity Needed for One Week (7 days)*		
RESOURCE® ThickenUp® Clear	4 T	8 T	12 T	4.4 oz can	30 T	1 can	2 cans	3 cans
Thick & Easy® Clear	4 T	5 1/3 T	8 T	4.12 oz can	30 T	1 can	1-2 cans	2 cans
Thik & Clear®	8 T	12 T	24 T	8 oz can	50 T	1-2 cans	1.5 cans	4 cans
				10 lb box	1008 T	Lasts 18 wks	Lasts 12 wks	Lasts 6 wks
Gel Thickener	Pump Strokes (ps) per day for six 8-oz beverages			Pack Size	Pump Strokes (ps) per pack	Purchase Quantity Needed for One Week (7 days)*		
Simply Thick®	12 ps	24 ps	48 ps	64 oz bottle	121 ps	1 bottle	2 bottles	2-3 bottles
				6 - 64 oz bottles	726 ps	Lasts 8 wks	Lasts 4 wks	Lasts 2 wks

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