

THICKENING LIQUIDS



Be aware of the packet differences.



NECTAR PACKETS (Green Packet)

Directions on back of packet:
Nectar and Spoon (Pudding) consistency

HONEY PACKETS (Yellow Packet)

Directions on back of packet:
Honey consistency



Stir while adding packet (to mix well and achieve desired consistency). Add contents of packet slowly – not all at once.



2 PACKETS

Small cup (8 ounce)
2 packets of thickener needed
(1 packet per 4 ounces)

4 PACKETS

Large cup (16 ounces)
4 packets of thickener needed
(1 packet per 4 ounces)

NEED TO BE THICKENED:
All considered thin liquids:
Milk, soup, broth, coffee/ tea, soda.
Be aware that Ensure shakes cannot be thickened. Nutrition Dept will substitute Ensure or Boost pudding.



NOT PERMITTED
with thickened (nectar or honey) liquids



Any questions, please contact the Speech Pathology department.