

# DYSPHAGIA

<i>Mildly Thick</i>	<ul style="list-style-type: none"><li>• Thin Custard</li></ul>
<i>Moderately Thick</i>	<ul style="list-style-type: none"><li>• Yoghurt, for example Ski or Yoplait (without fruit lumps)</li></ul>
<i>Extremely Thick</i>	<ul style="list-style-type: none"><li>• LeRice yoghurts</li><li>• Jalna yoghurts</li><li>• Fruche yoghurts</li><li>• Yogo yoghurts</li><li>• Mousse</li><li>• Tinned pureed fruit</li></ul>

## *Thickened Fluids*

Disclaimer: This material is provided to offer information regarding dysphagia. Material is for general information purposes only and it is recommended that advice of a professional Speech Pathologist be sought regarding specific cases. This material was last updated in October 2008.



## Dysphagia

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## Supermarket items that can be used to thicken fluids

These products will change the flavour and energy content, therefore commercial thickeners are recommended

Item	Comments / Directions
<i>Instant potato mix</i>	Add directly to the fluid
<i>Mashed or pureed vegetables</i>	Add directly to the fluid
<i>Cornflour</i>	<ul style="list-style-type: none"> <li>• Must be cooked before adding to the fluid</li> <li>• Mix cornflour in a saucepan with a small amount of water to form a paste</li> <li>• Gradually add to the fluid, stirring to avoid lumps</li> <li>• Heat, stirring constantly</li> </ul>
<ul style="list-style-type: none"> <li>- Plain flour</li> <li>- Arrowroot</li> <li>- Custard powder</li> <li>- Potato starch</li> <li>- Rice flour</li> </ul>	Can be used when cooked in the same way as cornflour
<i>Baby rice cereal (e.g. Farex)</i>	Add directly to the fluid
<i>Sago (tapioca balls)</i>	<ul style="list-style-type: none"> <li>• May only be available in Asian grocery stores</li> <li>• Gradually add to hot fluid, stirring constantly (till translucent) to avoid lumps</li> <li>• Select balls with the smallest diameter if they are to be eaten</li> </ul>

## Commercial drink thickeners

Please refer to the supplier for details on how to thicken drinks

Thickener	Supplier and contact details
<i>Easy Thick</i> <i>Keltrol</i> <i>Thick plus 2</i>	Flavour Creations 07 3879 1900 <a href="http://www.flavourcreations.com.au">www.flavourcreations.com.au</a>
<i>Resource Thickenup</i>	Nestle Nutrition 1800 671 628
<i>Nutrilis</i> <i>Karicare</i>	Nutricia 1800 060 051 <a href="http://www.nutricia.com.au">www.nutricia.com.au</a>
<i>Guarcol</i>	Orion Laboratories 1800 805 546 <a href="http://www.orion.net.au">www.orion.net.au</a>
<i>Supercol</i>	Chipmonk Pty Ltd 07 5457 3324
<i>Quikthik</i>	Dr Macleod's 07 5445 4460 <a href="http://www.drmaacleods.com.au">www.drmaacleods.com.au</a>
<i>Thick and Easy</i>	Technipro Marketing Pty Ltd 02 9897 5899 <a href="http://www.technipro.com.au/thick_easy.htm">www.technipro.com.au/thick_easy.htm</a>