



Pediatric Thickening Options

For Premature infants 12 months and younger:

Rice cereal: The main ingredient is rice flour. Can be used with any liquids however may change the taste/texture significantly and it does not mix well with breast milk. Not a reliable thickener as it can increase in thickness over time or become thinner over time as the rice separates from the liquid. Contains calories and sodium. Per the AAP this product is not recommended for children less than 6 months. If used as a thickener, the cereal should be pulverized. Nectar thick: 2 tsp firmly packed cereal mixed in 1 ounce of formula. Honey thick: 2 ½ tsp firmly packed cereal mixed in 1 ounce of formula (please note: a honey thick consistency level is difficult to achieve using rice cereal).

Base: Rice Flour

Calories: 15 kcal per tbsp

Sodium: 0 mg

Approximate cost: ~\$1.96 for 8 oz.

For Term infants 12 months and younger (use with caution) or any child over 12 months:

Thik & Clear: A consistent reliable cellulose gum based thickener. Does have calories and sodium. Can be used in any liquids including human milk, but should be trialed on a case by case basis to assure adequate thickening. Does not currently have age restrictions for use. Covered by BCMH. Ready to serve in 5 minutes and does not get thicker over time.

Base: Cellulose gum Calories: 20 kcal per packet for both consistencies

Sodium: 35 mg per packet for both consistencies

Approximate cost: ~\$10.00 per 227 g can or (\$60.00 per box of 200 nectar packets; \$55.25 per box of 200 honey packet

Thick and Easy: A modified corn starch product. Can be used in any liquids except human milk. It will continue to thicken over time and is difficult to maintain the constancy of the liquid. Contains calories and sodium. This product is intended for ages 3 years and older.

Base: Starch

Calories: 15 kcal per packet for nectar; 25 kcal per packet for honey

Sodium: 10 g per packet for nectar; 15g per packet for honey

Approximate cost: \$25.96 (comes in 100 portion packets, 6.5 g each)

Thick It: A modified corn starch product. Can be used with any liquids except human milk. It will continue to thicken over time and it is difficult to maintain the consistency of the liquid. Contains calories and sodium. Does not currently have age restrictions.

Base: Starch

Calories: 30 kcal per serving (2 tbsp or 8 g)

Sodium: 15 mg per serving (2 tbsp or 8 g)

Approximate cost: ~ \$11.49 per 227g can.

Thicken Up: A modified corn starch product. Can be used with all types of liquids except human milk. It will continue to thicken over time and it is difficult to maintain the consistency of the liquid. Contains calories and sodium. This product is intended for ages 3 and older.

Base: Starch

Calories: 15 kcal per 1 tbsp

Sodium: 10 g per tbsp

Approximate cost: \$6.99/8 oz. can (51 tablespoons/can)

*Simply Thick is a gum based thickener that was specifically included in the FDA warning; however, it is still an option for children 1 year and older.

If you have any questions or concerns, please feel free to contact the speech language pathology department at xxx-xxxx and ask to speak with a feeding therapist.

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