




Texture Modification—Fluid

	Texture	Description of fluid texture	Fluid example
	Thin fluid	Still water	Water, tea, coffee without milk, diluted squash, spirits, wine
	Naturally thick fluid	Product leaves a coating on an empty glass	Full cream milk, cream liqueurs, Complan, build-up (made to instructions), Nutriment, commercial sip feeds
Thickened Fluids Fluid to which a commercial thickener has been added	Stage 1	<p>Can be drunk with a straw.</p> <p>Can be drunk from a cup if advised or preferred.</p> <p>Able to coat the prongs of a fork and sink through quickly.</p>	 A syrup consistency
	Stage 2	<p>Cannot be drunk through a straw.</p> <p>Can be drunk from a cup</p> <p>Able to coat the prongs of a fork and sink through slowly.</p>	 A honey consistency
	Stage 3	<p>Cannot be drunk through a straw.</p> <p>Cannot be drunk from a cup.</p> <p>Needs to be taken with a spoon.</p>	 A pudding consistency

How to thicken fluids

Please note, these guidelines are for the use of Thick & Easy only. Always refer to the manufacturers instructions if using this or another thickening product.

1. Sprinkle powder on the drink and whisk briskly.
2. After adding the thickener, always leave to stand for at least one minute and then check it is the right consistency.

Thick & Easy can become thin if it is left to stand for too long. Stir to re-thicken.

Always check the consistency.