

## LIQUIDS AND PUREES

For some of our students who have feeding issues, we are often asked to adapt our student's food and drink to a different and safer texture. Changes are often requested as a result of a feeding assessment and are designed to meet our student's individual needs.\*

The following definitions may assist in understanding what liquid, puree and pudding textures 'looks like' and reduce the 'guessing' factor when adapting these textures for your student.

### Liquids:

<i>Consistency</i>	<i>Description</i>
Thin	Water, tea
Nectar	Yop, thicker juices (e.g. apricot juice)
Liquid Honey	Thinner milkshake (McDonald's milkshake is too thick)
Thick milkshake	McDonald's type consistency

### Purees:

<i>Consistency</i>	<i>Description</i>
Runny Yogurt	Yoplait yogurt texture
Thin Puree	Runny custard
Medium Puree	Applesauce
Thick Puree	Whipped cream
Pudding/Firm	Chocolate or other pudding; custard

Thickening agents are available commercially, the most common of which are 'Thick and Thin' and 'Thick n It'. As a guideline, for:

Nectar consistency:	1-2 tbsp / 4ozs
Honey consistency:	2-3 tbsp / 4ozs
Pudding consistency:	3-4 tbsp / 4ozs

*Amounts of thickener required vary according to make of thickener.*

### **Remember:**

- Your student's allergies. Some thickeners may have ingredients that are not suited to your student.
- When thickeners are left to stand, the texture changes. After 10 minutes, the thickener will be at it's strongest and may have thickened too much. Watch for this and adjust the thickness by adding more liquid if needed.
- Liquids tend to increase in thickness once refrigerated. Add more liquid to ensure appropriate texture
- Liquids and purees can be thickened using other foods, e.g. mashed bananas, mashed potatoes or other mashed vegetables or fruit etc. ***Remember to be sure you obtain the right consistency if using a food as a thickener.***

**\*Mealtime adjustments, including liquid thickening should be monitored. Changes should only be made in consultation with the appropriate interventionist (e.g. Doctor, SLP, OT, parent, etc.)**