

Honey-Thick Liquids

Your doctor recommended a special diet.

Your diet is a **honey-thick liquid** diet.

You need thick drinks to be safe.

Why do you need thick drinks?

- You are choking on thin drinks.
- Thick** drinks are easier to swallow.
- You can swallow **thick** drinks safely.

Directions to make your drinks thick:

- Add one packet of Thick&Easy powder to 4oz drink.
- Stir until the drink is as thick as honey.
- Ask your nurse for help.

Water by itself **is not** safe.



Water with thickener **is** safe.



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Unsafe Food and Drink Items

- Ice cream
- Ice cubes
- Jello
- Milkshakes
- Smoothies
- Grapes
- Oranges
- Watermelon



All of these things turn into thin liquids in your mouth.

How to drink safely

- Sit up when drinking
 - **Do not** use a straw
 - Take small sips
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How to make your drinks as thick as honey:

- Add 1 packet of Thick&Easy powder to a 4-ounce drink
- Add 2 packets of Thick&Easy powder to an 8-ounce drink
- Add 3 packets of Thick&Easy powder to a 12-ounce drink
- Add 4 packets of Thick&Easy powder to a 16-ounce drink