

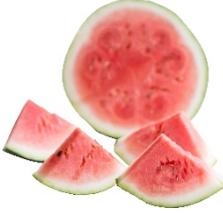
Speech Pathology

Dysphagia safety

Foods and drinks that are not safe for children on thickened fluids

If your child requires thickened fluids, the following foods and drinks must be avoided because there is a risk that they could 'go down the wrong way' and into your child's lungs (aspiration).

Food/drink	Why isn't this safe for my child?	How can I make this safer for my child?
 <p>Drinks that have not been thickened such as expressed breast milk, formula, water, juice, poppers, milk, soft drink etc.</p>	<p>These are thin fluids</p>	<p>Thicken every drink that your child has with the thickener product recommended by your child's speech pathologist</p>
 <p>Ice-cream / ice blocks</p>	<p>When ice-creams and ice blocks melt, they become a thin fluid</p>	<p>Ask your child's speech pathologist if your child's recommended thickener is freeze-thaw suitable and can be used to make thickened ice-cream / ice blocks</p>
 <p>Soup</p>	<p>Soup might be too thin for your child's recommended thickness level</p>	<p>Add thickener to your child's soup until it is the correct thickness level. Always check the temperature of hot thickened fluids prior to giving to your child to ensure they are not too hot</p>

 <p>Thin or runny yoghurt, custard or sauce</p>	<p>Yoghurt, custard or sauce might be too thin for your child's recommended thickness level</p>	<p>Add thickener to your child's custard, yoghurt or sauce until it is the correct thickness level</p>
 <p>Mixed consistency foods (e.g. fruit in juice, milk with cereal, minestrone soup)</p>	<p>The fluid component of the meal/snack is a thin fluid</p>	<p>Thicken the fluid component of the meal/snack. You may need to strain/separate the food component first (e.g. separate fruit from juice, then thicken juice)</p>
 <p>Jelly</p>	<p>Jelly melts in the mouth and becomes a thin fluid</p>	<p>Avoid</p> <p>Jelly should not be given to children on thickened fluids</p>
 <p>Juicy fruits such as watermelon, oranges and mandarin</p>	<p>The juice from these fruits is a thin fluid</p>	<p>Avoid</p> <p>Juicy fruits should not be given to children on thickened fluids</p>

This is intended as a guide only. Please follow recommendations made by your child's speech pathologist.

Contact us

Speech Pathology Department (7a)
 Level 7, Queensland Children's Hospital
 501 Stanley Street, South Brisbane QLD 4101

t: 07 3068 2375
 e: LCCH-SPEECH@health.qld.gov.au
 w: www.childrens.health.qld.gov.au