



Guidelines for Choosing a Thickening Agent by Age
Rehabilitation Services

Ages	Product	Ingredients	Precautions
Preterm – 12 mos	Happy Baby Oatmeal or comparable baby oatmeal cereal	Ground oatmeal cereal	<ul style="list-style-type: none"> • does not thicken breastmilk • adds calories
39 weeks	Gelmix www.gelmix.com	Organic tapioca maltodextrin, organic carob bean gum, calcium carbonate	<ul style="list-style-type: none"> • Caution with honey thick liquids • Do not use -if allergic to carob bean gum (galactomannan) -with pre-thickened formulas • Only thickens very warm drinks
4-6 months and older	Pureed foods	Varies	<ul style="list-style-type: none"> • Patient specific • May use limited volumes with 4-6 month olds • Adds calories
12 mos and older	Simply Thick Easy Mix www.simplythick.com	Water, soluble fiber, xanthum gum, glucono delta-lactone, gellan gum, potassium sorbate, calcium chloride, citric acid, sodium citrate, guar gum, pectin	<ul style="list-style-type: none"> • Do not use -under 12 mos adjusted -under 12 yrs with history of NEC • Does not add calories
2 yrs and older	Thick It www.thickit.com	Modified food starch Maltodextrin	<ul style="list-style-type: none"> • Do not use in children under 2 years • Adds calories

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