

THICKENED FEEDS

When is thickening breastmilk or formula recommended?

- Following the results of a swallow study (typically because of an unsafe swallow/aspiration risk)
- When recommended by a Speech Language Pathologist

What should you use to thicken?

- Typically, a gel thickener made for infants (such as Gelmix) is the best choice as it will ensure consistent results every time.

Can I use cereal to thicken?

- One problem with using cereal to thicken is that it can be very difficult for a young baby's immature digestive system to process.
- Cereal often slows digestion, contributing to gas and constipation (both which worsen reflux issues)
- It can lead to inconsistent results, which can lead to choking
- Cereals will often cause children to become fuller, quicker and they may have less breastmilk or formula as a result.
- Arsenic can be present in rice and infant rice cereals. As a carcinogen that has been linked to several different diseases, even small amounts of arsenic can impact a baby's development.

