

Guidelines for choosing a thickening agent by age

Ages	Product	Ingredients	Precautions
Preterm – 12 months	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 moderately thick/honey liquids • Do not use <ul style="list-style-type: none"> -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 months and older	Simply Thick Easy Mix www.simplythick.com	Water, soluble fiber, xanthan 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 <ul style="list-style-type: none"> -under 12 months adjusted -under 12 years with a history of NEC • Does not add calories
2 years 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

There is no perfect thickening agent, natural or manufactured. The risk of aspiration outweighs the risk of thickening the feeds. If the patient has a history of NEC, major structural abdominal surgery, or metabolic disorder consult a physician prior to thickening.