

Table 1 Thickening Options

	Brand name	Manufacturer
Cornstarch thickeners	Thick-It	Kent Precision Foods Group
	Thick & Easy	Hormel Health Labs
	Resource Thicken Up	Nestle Medical Nutrition
Xanthan gum thickeners	Simply Thick (gel)	Simply Thick
	Thick & Easy Clear (powder)	Hormel Health Labs
	Resource ThickenUp Clear (powder)	Nestle Medical Nutrition
Prethickened liquids	Thick-It AquaCare H2O	Kent Precision Foods Group
	Thick & Easy	Hormel Health Labs

Table 2 Palatability Ratings Across All Tested Beverages

	Fruit juice	Dairy	Coffee
Most palatable	Naturally nectarlike	Naturally nectarlike	Naturally nectarlike
	Xanthan gum	Prethickened	Xanthan gum
	Cornstarch	Xanthan gum	Cornstarch
	Least palatable	Prethickened	Cornstarch