



## **PRODUCT INFORMATION BULLETIN**

### **THICKENING OF HOT BEVERAGES AND SOUPS WITH HYDRA~AID™ HOT & COLD BEVERAGE THICKENER**

Comparative taste tests in nursing homes demonstrate resident response to hot and cold beverages thickened with Hydra~Aid to be highly positive.<sup>1</sup> Resident interviews show this approval is due to the fact that the taste and appearance of coffee, hot chocolate, soups and other hot and cold liquids are not significantly altered by the addition of Hydra~Aid.

Thickening of hot liquids requires special attention since heat can effect both mixing and viscosity. When mixing Hydra~Aid with hot liquids care should be taken to keep the temperature of the beverage at no higher than 120 degrees Fahrenheit (f.), which is the temperature recommended by many facilities to help prevent serious burns.<sup>2</sup> This will also make mixing easier and maintain viscosity at the desired level.

If it is necessary to add Hydra~Aid to beverages processed at temperatures above 120 degrees, the drink should be allowed to cool to 120 degrees or lower and the mixture should again be rapidly stirred with a fork or whisk for at least 30 seconds before serving. This will insure proper mixture and reconstitute the desired level of thickness.

#### **Procedure for mixing Hydra~Aid into hot beverages:**

1. Proper mixing of Hydra~Aid in hot or cold beverages requires vigorous stirring of the beverage with a fork or whisk. Note: Spoon mixing will not allow the thickener to disperse properly.
2. For hot drinks, mix Hydra~Aid with hot water first and then add the cocoa, coffee or tea. If the drink must be prepared at temperatures above 120 degrees (f.), before serving be sure to allow it to cool to 120 f. or below and stir again to insure proper thickness is maintained.\*
3. For soups, mix Hydra~Aid into the broth first and add ingredients last. Again, if the temperature of the broth exceeds 120 degrees (f.), allow the soup to cool to 120 f. or below and stir again before serving. Note: If reheating is then necessary, it is desirable to not exceed 120 degrees to avoid compromising viscosity and safety, as noted in the below reference. In this circumstance, it should not be necessary to stir the beverage again to maintain viscosity.

Hydra~Aid is available in individual serving packets of Nectar-like and Honey-like thickness. For preparation of multiple servings, Hydra~Aid is also supplied in half-gallon (64 oz.), non-breakable bottles. A dishwasher safe dispensing pump is available.

*Upon request, Links Medical Products can provide specially designed mixing containers.*

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<sup>1</sup> Data on file

<sup>2</sup> Becky Dorner & Associates - Questions & Answers on the safe serving temperature of hot temperature of hot beverages to elderly residents - 160 degrees vs. 120 degrees - [www.beckydorner.com](http://www.beckydorner.com)

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