**Supplemental Table 1.** Thickeners used and quantities used per manufacturer recommendations

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| **BRAND** | **MANUFACTURER** | **TYPE** | **NECTAR THICK** | **HONEY THICK** |
| **Thick It®** | Kent Precision Foods Group, Inc. | SBT | 8g in 120ml | 16g in 120ml |
| **Rice Cereal** | Gerber® | SBT | 10g in 120ml | 20g in 120ml |
| **Thicken-Up Clear®** | Nestle® | Xanthan GBT | 1.4g in 120ml | 2.8g in 120ml |
| **Simply Thick®** | Simply Thick, LLC | Xanthan GBT | 15g in 120ml | 30g in 120ml |
| **Gel-Mix®** | Parapharma Tech, LLC | Carob bean GBT | 2.4g in 120ml | 4.8g in 120ml |

**Supplemental Table 2**. Viscometer coefficients table

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
|  | **60 RPM** | **30 RPM** | **12 RPM** | **6 RPM** |
| **Rotor 1** | 1 | 2 | 5 | 10 |
| **Rotor 2** | 5 | 10 | 25 | 50 |
| **Rotor 3** | 20 | 40 | 100 | 200 |
| **Rotor 4** | 100 | 200 | 500 | 1000 |

**Supplemental Table 3**. P values from Student T test, two tailed. Statistically significant values of p-value < 0.02 are marked (\*\*). GM = GelMix®, ST = SimplyThick®, TUC = Thicken Up Clear®, TI = Thick It®.

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
|   | **0 minutes** | **15 minutes** | **30 minutes** | **60 minutes** |  |
| **DHM vs Formula - GM** | 0.025 | 0.028 | 0.017 \*\* | 0.023 |  |
| **DHM vs Formula - ST** | 0.002 \*\* | 0.064 | 0.513 | 0.203 |  |
| **DHM vs Formula - TUC** | 0.840 | 0.026 | 0.315 | 0.098 |  |
| **DHM vs +HMF - GM** | 0.108 | 0.038 | 0.057 | 0.041 |  |
| **DHM vs +HMF - ST** | 0.742 | 0.077 | 0.339 | 0.901 |  |
| **DHM vs +HMF - TUC** | 0.070 | 0.388 | 0.413 | 0.026 |  |
| **DHM vs autoclave - GM** | 0.067 | 0.046 | 0.115 | 0.158 |  |
| **DHM vs autoclave - ST** | 0.022 | 0.964 | 0.197 | 0.014 \*\* |  |
| **DHM vs autoclave - TUC** | 0.061 | 0.318 | 0.026 | 0.009 \*\* |  |
|  |  |  |  |  |  |
|  | **0 minutes** | **5 minutes** | **15 minutes** | **30 minutes** | **60 minutes** |
| **DHM vs Formula - TI** | 0.002 \*\* | 0.060 | 0.004 \*\* | 0.001 \*\* | 0.001 \*\* |
| **DHM vs +HMF - TI** | 0.007 \*\* | 0.025 | 0.487 | 0.135 | 0.678 |
| **DHM vs autoclave - TI** | 0.002 \*\* | 0.020 | 0.014 \*\* | 0.009 \*\* | 0.004 \*\* |

**Supplemental Table 4**. List of abbreviations used throughout the manuscript

|  |  |
| --- | --- |
| DHM | Donor human milk |
| EAR | Enfamil AR® |
| GBT | Gum-based thickener |
| GM | GelMix®  |
| HM | Human milk |
| HMF | Human milk fortifiers |
| mPa\*s | millipascal-second |
| NDDTF | National Dysphagia Diet Task Force |
| RC | Rice cereal |
| RTF | Ready to feed |
| SBT | Starch-based thickener |
| SSU | Similac Spit Up® |
| ST | Simply Thick® |
| TI | Thick It® |
| TUC | Thicken Up Clear® |