One in 25 people will experience a swallowing disorder in their lifetime. Individuals with swallowing disorders can be prescribed thickened drink fluids using a thickener, such as starches, gums, and other hydrocolloids. Thickened drinks stay longer in the mouth, preventing aspiration and infiltration into the respiratory system.

Our current studies show that thickened fluids do not quench thirst, even if you are well hydrated, and that thickeners drinks are not appreciated. The research question is therefore: why is there thirst when people are well hydrated? and how can it be alleviated?

To unravel these mechanisms, this thesis will be developed in the Consumer Perception, Behaviour and Adapted Nutrition group (IATA, CSIC), combining the study of chemical stimulus perception, traditional and new sensory methodologies and the study of fluid mechanics.