

Beverage Type	2 Mildly Thick Nectar	3 Moderately Thick Honey	4 Extremely Thick Pudding
Water	3-3½t	3½-4½t	4½-5½t
Apple Juice	3-3½t	3½-4½t	4½-5½t
Orange Juice	2½-3t	3-3½t	3½-4t
Cranberry Juice	3-3½t	3½-4½t	4½-5½t
Coffee & Tea	3-3½t	3½-4½t	4½-5½t
Milk - Low Fat	3½-4t	4½-5t	5½t-2½T
Nutritional Supplement Drink	3½-4t	4½-5t	5½t-2½T
Pureed Foods			1T

Usage Chart Per 4 fl oz

Using Thick-It® Original Concentrated Food & Beverage Thickener is quick and convenient.

Mix pureed foods and beverages with the correct amount of Thick-It® Original Concentrated Food & Beverage Thickener for the desired consistency, using the enclosed measuring scoop, using the enclosed measuring scoop. Adjust the amount used to suit your requirements. The amount required to properly thicken pureed foods will vary.

For recipes and more mixing information, visit thickit.com.

t = teaspoon, T = tablespoon
3 teaspoons = 1 tablespoon

Mixing Instructions



1 Pour 4 fl oz of cold or hot liquid into a glass.



2 Slowly add level measured thickener to liquid, stirring with fork or whisk as you pour.



3 Stir briskly until thickener has dissolved.



4 Before serving, let water and juices stand for at least 1 minute. Let milk and supplements stand for 5-10 minutes. Stir and serve.

For best results, consume within 30 minutes of mixing.

Following local and state guidelines, properly wash and sanitize measuring scoop after each use.

Do not use Thick-It® Original Concentrated Food & Beverage Thickener with infants under the age of 2. Thick-It® Original Concentrated Food & Beverage Thickener should only be used with children under the age of 12 in consultation with a physician.

Tested by Kent Precision Foods Group, Inc.
www.IDDSI.org