

Beverage Type	<b>2</b> Mildly Thick Nectar	<b>3</b> Moderately Thick Honey	<b>4</b> Extremely Thick Pudding
Water	3½-4t	4½-5½t	5t-2T
Apple Juice	3½-4t	4½-5½t	5t-2T
Orange Juice	3-3½t	4-5t	5t-2T
Cranberry Juice	3½-4t	4½-5½t	5t-2T
Coffee & Tea	3½-4t	4½-5½t	5t-2T
Milk - Low Fat	4-4½t	5½t-2T	2-2½T
Nutritional Supplement Drink	4-4½t	5½t-2T	2-2½T
Pureed Foods			1½T

## Usage Chart Per 4 fl oz

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

Mix pureed foods and beverages with the correct amount of Thick-It® Original Food & Beverage Thickeners for the desired consistency, 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](http://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 Food & Beverage Thickeners with infants under the age of 2. Thick-It® Original Food & Beverage Thickeners 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](http://www.IDDSI.org)