





THICK & EASY® CLEAR THICKENER

THICK & EASY® CLEAR uses the same great formula as our other clear thickener products. Each case includes **food and beverage mixing instructions** for NDD as well as IDDSI.

THICKENER MIXING CHART

Liquid Consistency				
IDDSI*	 Slightly Thick	 Mildly Thick	 Moderately Thick	 Extremely Thick
		Nectar-like	Honey-like	Spoon-thick Pureed
4 fl oz	¼ tsp	¾ tsp	1¼ tsp	1 T + 2½ tsp
6 fl oz	½ tsp	1 tsp	2 tsp	2 T + 2¼ tsp
8 fl oz	¾ tsp	1¼ tsp	2½ tsp	3 T + 2 tsp
32 fl oz	1 T	2 T	3½ T	¾ cup + 2 T + 2 tsp
128 fl oz	¼ cup	½ cup	1 cup	3½ cups + 2 T + 2 tsp

T = Tablespoon, tsp = teaspoon, 3 tsp = 1 T

This chart is a guide for thickening liquids. The amount of thickener may need to be adjusted to meet your individual needs. Suitable for children above 3 years of age.

*International Dysphagia Diet Standards Initiative

MIXING DIRECTIONS

1. Add level measured thickener into empty, dry glass or container.
2. Measure desired liquid into separate container.
3. Add liquid to thickener quickly while stirring briskly with a whisk or fork until dissolved.
4. Allow 5-10 minutes for product to reach desired thickness.

NOTE: With a mixer or blender, thickener may be added to agitated liquid.

FOOD - Mashed Potato Consistency

Pureed Fruits-4oz Drained: Add ¾ - 1½ tsp thickener
Pureed Vegetables-4oz Drained: Add ¾ - 1½ tsp thickener
Pureed Meats-3oz: Add 1 oz meat broth slurry (meat broth slurry = 4oz meat broth thickened with ¾ tsp thickener.)
The amount of thickener may need to be adjusted to meet your individual needs.

MIXING DIRECTIONS

1. Add level measured thickener to puree or broth while stirring briskly with whisk or fork.
2. Allow 5 minutes for product to reach desired thickness.
3. Stir before serving.