



# CLEAR

Liquid	Volume of Liquid	<b>2</b> Mildly Thick - Level 2	<b>3</b> Moderately Thick - Level 3	<b>4</b> Extremely Thick - Level 4
Dairy	118 ml	<b>1 scoop</b> (1.4 g, 4 ml)	<b>2 scoops</b> (2.8 g, 8 ml)	<b>6 scoops</b> (8.4 g, 22.5ml)
Clear Liquid		<b>1 scoop</b> (1.4 g, 4 ml)	<b>2 scoops</b> (2.8 g, 8 ml)	<b>9 scoops</b> (12.6 g, 15 ml)
Dairy	236 ml	<b>2 scoops</b> (2.8 g, 8 ml)	<b>4 scoops</b> (5.6 g, 16 ml)	<b>12 scoops</b> (16.8 g, 45+ ml)
Clear Liquid		<b>2 scoops</b> (2.8 g, 8 ml)	<b>4 scoops</b> (5.6 g, 16 ml)	<b>17 scoops</b> (23.8 g, 30 ml)
Dairy	1000 ml	<b>5 scoops</b> (7.5 g, 20 ml)	<b>7 scoops</b> (10 g, 27 ml)	<b>14 scoops</b> (20 g, 54 ml)
Clear Liquid		<b>11 scoops</b> (15 g, 25 ml)	<b>19 scoops</b> (27 g, 45 ml)	<b>51 scoops</b> (72 g, 120 ml)
Supplement	235 ml / 1 can	<b>2 scoops</b> (2.8 g, 8 ml)	<b>2.5 scoops</b> (3.5 g, 10 ml)	<b>12 scoops</b> (16.8 g, 45+ ml)
	1410 ml / 6 cans	<b>6 scoops</b> (8 g, 15 ml)	<b>13 scoops</b> (18 g, 34 ml)	<b>25 scoops</b> (35 g, 66 ml)

### INDIVIDUAL/SINGLE SERVE

- Combine desired liquid and measured thickener while stirring with a whisk or fork for up to 30 seconds.
- Allow up to 5 minutes for clear liquids to reach desired consistency.
- Allow up to 15 minutes for dairy and supplements to reach desired consistency.

### BULK

- Prep a slurry – Pre-measure thickener in dry container. Add up to a 1/3 of supplement. Whisk for 15 seconds.
  - Transfer slurry to blender\* or tabletop mixer.
  - Mix at lowest speed for 5 minutes.
- \* If using blender, pulse periodically to avoid bubbles.

**Clear Liquid: Water, Juice, Tea, Coffee, Carbonated Beverage**

**Scoop included in tin**

**The BULK Supplement mixing chart meets IDDSI consistencies at refrigerated temperatures.**

Description	Product Code	Case Pack	Case Yield	Shelf Life	Kosher	Lactose Free	Gluten Free
Thick & Easy® Clear Thickener tins	72488	12 / 126g	1080	3 years	Ⓢ	Y	Y
Thick & Easy® Clear Thickener bulk	72456	1 / 1.81 kg	1285	3 years	Ⓢ	Y	Y

Serving size	Calories	Fat	% DV	Saturated Fat	% DV	Trans fat	Cholesterol	Sodium	% DV	CHO	% DV	Dietary Fiber	% DV	Sugars	Protein	Vit A	Vit C	Calcium
1.4 g	5	0 g	0%	0 g	0%	0 g	0 mg	20 mg	1%	1 g	0%	0 g	0%	0 g	0 g	0%	0%	0%

**Ingredients: Maltodextrin, Xanthan Gum, Carrageenan, Erythritol.**



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