

THICK & EASY® CLEAR THICKENER MIXING CHART

Clear Liquids				
IDDSI [†]	 1 Slightly Thick	 2 Mildly Thick Nectar-like	 3 Moderately Thick Honey-like	 4 Extremely Thick Spoon-thick
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 + 2T + 2 tsp

This chart is a guide for thickening liquids. **The amount of thickener may need to be adjusted to meet your individual needs.** The chart is based on tap water. Results may vary depending on source and temperature of water. Suitable for children 3 years of age or older.

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

[†]International Dysphagia Diet Standards Initiative

Milk and Juices may take 15-20 minutes to thicken. All other liquids should take less than 5 minutes to thicken.

Clear Thickener Mixing Chart - 4 fl oz serving			
IDDSI [†]	 2 Mildly Thick Nectar-like	 3 Moderately Thick Honey-like	 4 Extremely Thick Spoon-thick
Water	1 Scoop	2 Scoops	2 2/3 Scoop
Hot Coffee/Tea	2 Scoops*	2 Scoops	2 2/3 Scoop
Juice	1 Scoop	2 Scoops	2 2/3 Scoop
Milk/Supplement	1 Scoop	2 Scoops**	2 2/3 Scoop

* For Coffee or Tea Level 2 (Nectar) add 2 Scoops to 7 oz | ** For Milk Level 3 (Honey) add 2 scoops to 6 oz

This chart is a guide for thickening liquids. **The amount of thickener may need to be adjusted to meet your individual needs.** Results may vary depending on source and temperature of water. Suitable for children above 3 years of age.

TEASPOON EQUIVALENT		
Nectar-like 3/4 tsp	Honey-like 1 1/2 tsp	Spoon-thick 2 tsp

[†]International Dysphagia Diet Standards Initiative

MIXING DIRECTIONS - ENCLOSED SCOOP = Approximately 3/4 teaspoon

1. Add level measured thickener into empty, dry glass or container.
2. Measure desired liquid into separate container.
3. Add liquid 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.