



## THICKENER MIXING CHART - 8oz Canister\*

IDDSI†	1 Slightly Thick		2 Mildly Thick (Nectar Like)		3 Moderately Thick (Honey Like)		4 Extremely Thick (Spoon Like)
	Water, Coffee, Clear Juices	Orange Juice, Milk	Water, Coffee, Clear Juices	Orange Juice, Milk	Water, Coffee, Clear Juice	Orange Juice, Milk	All Beverages
4 fl oz	1 T*	2¼ tsp	1 T + ¾ tsp	1 T	1 T + ½ tsp	1 T + ¾ tsp	2 T
6 fl oz	1 T + 1½ tsp	1 T + ¾ tsp	2 T	1 T + 1½ tsp	2 T + ¾ tsp	2 T	3 T
8 fl oz	2 T	1 T + 1½ tsp	2 T + ½ tsp	2 T	3 T	2 T + ½ tsp	¼ cup
32 fl oz	½ cup	6 T + 1½ tsp	½ cup + 2 T	½ cup	¾ cup	½ cup + 2 T	1 cup
128 fl oz	2 cups	1½ cups + 3 T	2½ cups	2 cups	3 cups	2½ cups	4 cups

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 of water and temperature of beverage.  
Suitable for children 3 years of age or older.

tsp = teaspoon, T = Tablespoon, C = Cup

\*International Dysphagia Diet Standards Initiative

## MIXING DIRECTIONS - ENCLOSED DUAL SIDED SCOOP = 1 T / 3/4 tsp



Add level measured thickener to desired liquid. Stir with a spoon or fork for approximately 15 seconds until thickener is dissolved.



Allow 1-4 minutes for product to reach desired thickness.  
**Products may thicken over time.**



### TO THicken FOOD

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
<i>(meat broth slurry = 4 oz. meat broth thickened with 1 tbsp thickener.)</i>	

**The amount of thickener may need to be adjusted to meet your individual needs.**



## PACKET MIXING DIRECTIONS



Pour desired liquid into glass (4 fl oz).



Empty packet over liquid.



Stir with spoon or fork for approx. 15-30 seconds. Allow 1-4 minutes for product to reach desired thickness.

## PRODUCT INFORMATION

SHELF STABLE	Item Number	IDDSI Level	Serving Size	Case Pack	Calorie	Fat grams	Sodium mg	Carb. grams	Protein grams	Shelf Life	Kosher	Verified Gluten Free	Contains Gluten Ingredients*	Verified Lactose Free	Contains Dairy Ingredients
<b>THICK &amp; EASY® Instant Food &amp; Beverage Thickener</b>															
Thickener Packets - Nectar	126251	1 2	1 packet	100/4.5g	15	0	10	4	0	5 yr	Ⓢ	✓		✓	
Thickener Packets - Nectar/Honey	21929	2 3	1 packet	100/5.5g	15	0	15	4	0	5 yr	Ⓢ	✓		✓	
Thickener Packets - Honey	20223	3 4	1 packet	100/6.5g	20	0	15	5	0	5 yr	Ⓢ	✓		✓	
Thickener Canisters	17938†		4.5g	12/8 oz	15	0	10	4	0	5 yr	Ⓢ	✓		✓	

†HCPCS code B4100

\*Gluten-containing grains are defined as any one of the grains wheat, rye, or barley, or their crossbred hybrids.

**\*Always test for the appropriate IDDSI level**

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