

ORIGINAL Thick-It®

INSTANT FOOD AND BEVERAGE THICKENER



USAGE CHART

DIRECTIONS:

- 1 Scoop and level off recommended amount of Thick-It® Instant Food and Beverage Thickener using enclosed measuring spoon.
- 2 Slowly add Thick-It® Instant Food and Beverage Thickener to the liquid **while stirring briskly** with a spoon, fork or whisk until thickener has dissolved. Let thickened liquid stand 30 seconds to 1 minute to achieve desired consistency and serve. When mixed with milk or nutritional supplement drink, stir briskly, let stand 5 to 10 minutes, stir and serve.

	Nectar Consistency		Honey Consistency		Pudding Consistency	
	4 oz	8 oz	4 oz	8 oz	4 oz	8 oz
Water	3 ½ - 4 t	7 - 8 t	4 - 5 t	8 - 10 t	5 t - 2 T	10 t - 4 T
Apple Juice	3 ½ - 4 t	7 - 8 t	4 - 5 t	8 - 10 t	5 t - 2 T	10 t - 4 T
Orange Juice	3 - 3 ½ t	2 T - 7 t	3 ½ - 4 t	7 - 8 t	4 - 4 ½ t	8 t - 3 T
Cranberry Juice	3 ½ - 4 t	7 - 8 t	4 - 5 t	8 - 10 t	5 t - 2 T	10 t - 4 T
Coffee/Tea	3 ½ - 4 t	7 - 8 t	4 - 5 t	8 - 10 t	5 t - 2 T	10 t - 4 T
Milk - Low Fat	4 - 4 ½ t	8 t - 3 T	5 - 5 ½ t	10 - 11 t	2 - 2 ½ T	4 - 5 T
Nutritional Supplement Drink	4 - 4 ½ t	8 t - 3 T	5 - 5 ½ t	10 - 11 t	2 - 2 ½ T	4 - 5 T
Puréed Foods					1 T	2 T

NOTE: t = teaspoon T = Tablespoon; 3 teaspoons = 1 Tablespoon

- **You may need to adjust the amount of Thick-It® Instant Food and Beverage Thickener to suit your requirements.**

- For best results, consume within 30 minutes of mixing.

- **Do not** use Thick-It® Instant Food and Beverage Thickener with infants born before 37 weeks gestation. Thick-It® Instant Food and Beverage Thickener should only be used with infants and newborns in consultation with a physician.

ORIGINAL Thick-It®

INSTANT FOOD AND BEVERAGE THICKENER

Since 1987, Thick-It® has been highly recommended by doctors, speech-language pathologists and dietitians for people with dysphagia in hospitals, nursing homes, rehabilitation facilities and at home. Thick-It® Instant Food and Beverage Thickener produces any desired consistency quickly, easily and controllably without changing the taste or appearance of hot and cold foods and beverages.



FEATURES

- Dissolves instantly
- Does not change appearance or taste of food or beverages
- Easily digested and does not bind fluids
- Kosher Parve
- Gluten free



More mealtime solutions from the leader in dysphagia nutrition

Thick-It® Instant Food and Beverage Thickener
Thick-It®2 Instant Food and Beverage Thickener
Thick-It® Purees
Thick-It® AquaCareH₂O® Beverages

Scan with your
mobile device to
learn more!

