

THICK-IT® INSTANT FOOD THICKENER USAGE CHART



It's the brand that revolutionized dietary care for patients with dysphagia.

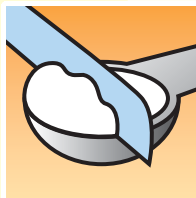
Thick-It® Instant Food Thickener was created for professionals in healthcare foodservice. Now a honey-like consistency PC joins our nectar-like consistency PC to give you a choice, make your job easier, and help you better serve your patients.

- Higher yield
- Easy to digest
- Maintains good consistency
- Mixes easily in liquids and puréed foods
- Does not bind fluids
- Freeze-thaw stable
- Adds no color or flavor
- Does not lump

This chart will help you use Thick-It Instant Food Thickener to thicken liquids according to the National Dysphagia Diet's guidelines for nectar-like, honey-like, and spoon thick consistencies. NOTE: The natural viscosity of the liquid and its serving temperature will impact the amount of thickener needed. Adjust the amount of Thick-It you add to attain the thickness required.

Easy Mixing Directions

1. Measure recommended amount of Thick-It Instant Food Thickener carefully using level measuring spoons (Tablespoons or teaspoons).



2. Slowly add Thick-It to the liquid while stirring briskly with a spoon, fork, or wire whisk.

3. Once thickener is dissolved, let thickened liquid stand for at least one minute to achieve desired consistency (unless noted otherwise). If after one minute, the liquid is not thick enough, add more thickener.

LIQUID USAGE CHART (Based on 4-oz. Single Serving)

BEVERAGE	NECTAR-LIKE	HONEY-LIKE	SPOON THICK
Apple Juice	3 tsp.	4 tsp.	5 1/2 tsp.
Cranberry Juice	3 tsp.	4 1/2 tsp.	5 1/2 tsp.
Hot Coffee/Hot Tea	3 tsp.	4 tsp.	5 tsp.
Iced Tea	4 tsp.	4 1/2 tsp.	5 1/2 tsp.
Low Fat Milk*	3 tsp.	4 tsp.	5 tsp.
Nutritional Supplement*	2 1/2 tsp.	3 1/2 tsp.	5 tsp.
Orange Juice	2 1/2 tsp.	3 1/2 tsp.	5 tsp.
Water	4 tsp.	4 1/2 tsp.	5 1/2 tsp.

NOTE: 3 TEASPOONS = 1 TABLESPOON

*Optimum consistency is reached in 10 minutes. Stir again before serving. For best results, use a wire whisk when mixing. Individual results may vary.



TRY THESE EASY THICK-IT® RECIPES FOR PURÉED FOODS.

Puréed Peaches

Serving size= #10 scoop

Ingredients	4 Servings	8 Servings	16 Servings	32 Servings
Canned peaches	2 cups	1 qt.	2 qts.	1 gal.
Thick-It Instant Food Thickener	4 tsp.	2 Tbls.+2 tsp.	5 Tbls.+1 tsp.	1/2 c. + 3 Tbls.

Directions:

1. Drain fruit, reserving liquid.
 2. Place fruit in food processor. Purée.
 3. Add half of Thick-It Instant Food Thickener and purée well.
 4. Add half of reserved liquid and purée well.
 5. Add remaining Thick-It Instant Food Thickener and purée.
 6. Add remaining liquid and purée until a moist mashed potato consistency is achieved.
 7. Chill to 40°F and hold at or under 40°F for service.
- NOTE:** Amount of liquid may need to be adjusted to achieve desired consistency.

Puréed Cantaloupe

Serving size= heaping #8 scoop

Ingredients	4 Servings	8 Servings	16 Servings	32 Servings
Cantaloupe, cut in chunks	1 qt.	2 qts.	1 gal.	2 gal.
Thick-It Instant Food Thickener	1/4 c.	1/2 c.	1 c.	2 c.
Granulated Sugar	1-2 Tbls.	2-4 Tbls.	6 Tbls.	3/4 c.

Directions:

1. Place fruit in food processor. Purée.
2. Add Thick-It Instant Food Thickener and sugar and purée well.
3. Chill to 40°F and hold at or under 40°F for service.
4. May serve with whipped cream or puréed cottage cheese.

NOTE: If needed, add water or juice to achieve desired consistency.

Puréed Green Beans

Serving size= heaping #16 scoop

Ingredients	4 Servings	8 Servings	16 Servings	32 Servings
Canned Green Beans	2 c.	1 qt.	2 qts.	1 gal.
Margarine, softened	2 Tbls.	1/2 stick	1 stick	2 sticks
Thick-It Instant Food Thickener	4 tsp.	2 Tbls. + 2 tsp.	5 Tbls. + 1 tsp.	1/2 c. + 3 Tbls.

Directions:

1. Drain green beans, reserving liquid.
2. Place drained green beans and margarine in food processor and purée.
3. Add half the Thick-It Instant Food Thickener and purée well.
4. Add half the reserved liquid and purée well.
5. Add remaining food thickener and purée well.
6. Add remaining liquid and purée until a moist mashed potato consistency is achieved.
7. Heat to 165°F and hold at or above 140°F for service.
8. Can be piped through a pastry bag to simulate green beans.
9. Serve with melted margarine or sauce.

NOTE: Amount of liquid may need to be adjusted to achieve desired consistency.

Puréed Peas

Serving size= heaping #16 scoop

Ingredients	4 Servings	8 Servings	16 Servings	32 Servings
Canned peas	2 c.	1 qt.	2 qts.	1 gal.
Margarine, softened	2 Tbls.	1/2 stick	1 stick	2 sticks
Thick-It Instant Food Thickener	2 tsp.	4 tsp.	2 Tbls.+2 tsp.	5 Tbls.+1 tsp.

Directions:

1. Drain peas, reserving liquid.
2. Place drained peas and margarine in food processor and purée.
3. Add half the Thick-It Instant Food Thickener and purée well.
4. Add half the reserved liquid and purée well.
5. Add remaining food thickener and purée well.
6. Add remaining liquid and purée until a moist mashed potato consistency is achieved.
7. Heat to 165°F and hold at or above 140°F for service.
8. Can be piped through a pastry bag to simulate peas.
9. Serve with melted margarine or sauce.

NOTE: Amount of liquid may need to be adjusted to achieve desired consistency.

Puréed Meatloaf

Serving size= #8 scoop

Ingredients	4 Servings	8 Servings	16 Servings	32 Servings
Meatloaf, cooked	12 oz.	24 oz.	48 oz.	96 oz.
Thick-It Instant Food Thickener	2 Tbls.	1/4 c.	1/2 c.	1 c.
Water	1/2 c.	1 c.	2 c.	1 qt.

Directions:

1. Place meatloaf in food processor and purée.
2. Add half the Thick-It Instant Food Thickener and purée well.
3. Add half the water and purée well.
4. Add remaining thickener and purée well.
5. Add remaining water and purée until a moist mashed potato consistency is achieved.
6. Heat to 165°F and hold at or above 140°F for service.
7. May be shaped to look like a slice of meatloaf.
8. Serve with gravy or sauce.

NOTE: Amount of liquid may need to be adjusted to achieve desired consistency.

Puréed Chicken

Serving size= #6 scoop

Ingredients	4 Servings	8 Servings	16 Servings	32 Servings
Chicken, cooked	12 oz.	24 oz.	48 oz.	96 oz.
Thick-It Instant Food Thickener	2 Tbls.	1/4 c.	1/2 c.	1 c.
Chicken broth	1 1/4 c.	2 1/2 c.	5 c.	2 1/2 qts.

Directions:

1. Place cooked chicken in food processor and purée.
2. Add half the Thick-It Instant Food Thickener and purée well.
3. Add half the chicken broth and purée well.
4. Add remaining food thickener and purée well.
5. Add remaining broth and purée until a moist mashed potato consistency is achieved.
6. Heat to 165°F and hold at or above 140°F for service.
7. May be shaped to resemble a chicken leg or breast.
8. Serve with gravy or sauce.

NOTE: Amount of liquid may need to be adjusted to achieve desired consistency.



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11457 Olde Cabin Road · St. Louis, MO 63141 · 1-800-442-5242 · www.thickit.com