

# Instant Food Thickener

# Thick-It®

REGULAR FORMULA



## USAGE CHART

Desired Consistency  
(based on 4 fl. oz. serving)

### Easy Mixing Directions:

1. Measure recommended amount of **Thick-It** carefully using level measuring spoons and please note that Tablespoons = T and teaspoons = t.
2. Slowly add **Thick-It** to the liquid while stirring briskly with a spoon, fork, wire whisk, hand mixer or blender (at low speed no more than 5-10 seconds). **Do not overmix.**
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, you can add more thickener.

**Thick-It** thickens hot or cold, thick or thin liquids, and pureed foods to any desired consistency quickly and easily. The following chart is a guide to using **Thick-It** for thickening liquids to nectar, honey, or pudding consistency.

**NOTE:** Liquids will behave differently depending on type, concentration, mixing method, and temperature. Please make adjustments to the amount of **Thick-It** needed to suit your requirements.

	Nectar Consistency	Honey Consistency	Pudding Consistency
APPLE JUICE	1-1½ T	2½ T	3½ - 4 T
APRICOT NECTAR	-----	1½ T	2½ T
CRANBERRY JUICE	1-1½ T	2½ T	3½ - 4 T
CARBONATED BEVERAGES	1½ - 2 T	2½ - 3 T	3½ - 4 T
CHOCOLATE MILK*	2 t - 1 T	2 - 2½ T	3 - 3½ T
DRINK MIXES (Kool Aid, etc.)	1½ - 2 T	2½ - 3 T	3½ - 4 T
GRAPE JUICE	1-1½ T	2½ T	3½ - 4 T
HOT BROTH (CHICKEN, BEEF)	1½ - 2 T	2½ T	3½ - 4 T
HOT CHOCOLATE*	1-1½ T	2½ T	3½ - 4 T
HOT COFFEE/HOT TEA	1½ - 2 T	2½ - 3 T	3½ - 4 T
ICED TEA	1-1½ T	2½ T	3½ - 4 T
LEMONADE, FRESH	1-1½ T	2½ T	3½ - 4 T
NUTRITIONAL SUPPLEMENT*	2 t - 1 T	2 - 3 T	3½ - 4 T
MILK 2% LOW FAT*	1-1½ T	2½ T	3 - 3½ T
ORANGE JUICE	2 t - 1 T	2 - 2½ T	3½ - 4 T
WATER	1-1½ T	2½ T	3½ - 4 T
VEGETABLES, PUREED (green beans, etc.)	-----	-----	1 T

\*These liquids achieve optimum consistency in about 10 minutes.  
An 8-oz. can of THICK-IT yields approximately 51 tablespoons.

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