



## THICKENER MIXING CHART

Liquid Consistency				
IDDSI <sup>+</sup>	<b>1</b> Slightly Thick	<b>2</b> Mildly Thick Nectar-like	<b>3</b> Moderately Thick Honey-like	<b>4</b> Extremely Thick Spoon-thick
4 fl oz	1 T*	1 T + 1 tsp	1 T + 1½ tsp	2 T
6 fl oz	1 T + 1½ tsp	2 T	2 T + 1½ tsp	2 T + 2½ tsp
8 fl oz	2 T	2 T + 2 tsp	3 T	¼ cup
32 fl oz	½ cup	½ cup + 3 T	¾ cup + 1 T	1 cup
128 fl oz	2 cups	2 ¾ cups	3 cups + 3 T	4 cups

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

This chart is a guide for thickening liquids. The amount of thickener may need to be adjusted to meet your individual needs. Suitable for children above 3 years of age.

\*International Dysphagia Diet Standards Initiative

### MIXING DIRECTIONS -

\* **ENCLOSED SCOOP = 1 T / 1 tsp**

1. Add level measured thickener to desired liquid. Stir with a spoon or a fork for approximately 15 seconds until thickener is dissolved.
2. **Allow 1-4 minutes for product to reach desired thickness. Products may thicken over time.**

### FOOD - Mashed Potato Consistency

**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

(meat broth slurry = 4 oz. meat broth thickened with 1 tbsp thickener.)

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