



## 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.

TO ORDER FOR HOME USE GO TO:  
[hormelhealthlabs.com](http://hormelhealthlabs.com)  
 1-888-617-3482  
 or your favorite ecommerce platform

 **HORMEL**  
**HEALTH LABS**  
 IDDSI PLATINUM SPONSOR

Hormel Foods Sales, LLC, Austin, MN 55912  
 1-800-523-4635  
[www.HormelHealthLabs.com](http://www.HormelHealthLabs.com)  
 ©Hormel Foods, LLC







**CLEAR**

## THICK & EASY® CLEAR THICKENER

THICK & EASY® CLEAR uses the same great formula as our other clear thickener products. Each case includes **food and beverage mixing instructions** for NDD as well as IDDSI.

### THICKENER MIXING CHART

Liquid Consistency				
IDDSI*	 Slightly Thick	 Mildly Thick	 Moderately Thick	 Extremely Thick
		Nectar-like	Honey-like	Spoon-thick Pureed
4 fl oz	¼ tsp	¾ tsp	1¼ tsp	1 T + 2½ tsp
6 fl oz	½ tsp	1 tsp	2 tsp	2 T + 2¼ tsp
8 fl oz	¾ tsp	1¼ tsp	2½ tsp	3 T + 2 tsp
32 fl oz	1 T	2 T	3½ T	¾ cup + 2 T + 2 tsp
128 fl oz	¼ cup	½ cup	1 cup	3½ cups + 2T + 2 tsp

**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

1. Add level measured thickener into empty, dry glass or container.
2. Measure desired liquid into separate container.
3. Add liquid to thickener quickly while stirring briskly with a whisk or fork until dissolved.
4. Allow 5-10 minutes for product to reach desired thickness.

**NOTE:** With a mixer or blender, thickener may be added to agitated liquid.

#### 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 ¾ tsp thickener.)

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

#### MIXING DIRECTIONS

1. Add level measured thickener to puree or broth while stirring briskly with whisk or fork.
2. Allow 5 minutes for product to reach desired thickness.
3. Stir before serving.

TO ORDER FOR HOME USE GO TO:  
[hormelhealthlabs.com](http://hormelhealthlabs.com)  
 1-888-617-3482  
 or your favorite ecommerce platform



Hormel Foods Sales, LLC, Austin, MN 55912  
 1-800-523-4635  
[www.HormelHealthLabs.com](http://www.HormelHealthLabs.com)  
 ©Hormel Foods, LLC