

THICK-IT
RETAIL INSTANT HEALTHCARE FOOD THICKENER
USAGE CHART FOR PUREED FOODS

TO THICKEN AND FLAVOR STANDARD PUREED FOODS FROM LIQUEFIED TO FIRM PUDDING TEXTURE, CONSULT THE USAGE CHART BELOW:			
STANDARD PUREED FOOD (NO SALT OR SUGAR ADDED)	AMOUNT PER 4 FLUID OUNCE SERVING		RECOMMENDED FLAVOR ENHANCEMENT*
	THICK-IT (ORIGINAL FORMULA)	THICK-IT 2 (CONCENTRATED)	
<u>FRUITS:</u> Applesauce Apricots Peaches Pears	1 tablespoon	1/2 tablespoon (1-1/2 tsp.)	1 dash cinnamon or allspice, with or without 1/8 teaspoon lemon juice as desired or 1/2-1 teaspoon sugar or alternative sweetener (optional, as desired)
<u>VEGETABLES:</u> Carrots Green Beans Wax Beans Peas Tomatoes Winter Squash	1 tablespoon	1/2 tablespoon (1-1/2 tsp.)	1/4 -1/2 teaspoon vegetable flavor or chicken flavor liquid bouillon concentrate or 1/2 teaspoon margarine
<u>MEATS & POULTRY:</u> Beef Chicken	2-1/2 teaspoons to 1 tablespoon as needed, depending upon fluidity of puree.	1-1/4 to 1-1/2 teaspoons as needed, depending upon fluidity of puree.	1/2 teaspoon beef flavor, chicken flavor or vegetable flavor liquid bouillon concentrate, as desired or 1 dash poultry seasoning , alone or in combination with any of the above.
*PLEASE NOTE: Alternative flavor enhancements may be added, in keeping with dietary restrictions of the patient or at the discretion of the attending physician or dietitian.			