

# RETAIL THICK-IT BULK USAGE CHART

(for 32 ounces of liquid / 8 - 4 oz. servings)

<b><u>Beverage</u></b>	<b><u>Nectar-Like</u></b>	<b><u>Honey-Like</u></b>	<b><u>Spoon Thick</u></b>
Apple Juice	3/4 cup	1 1/4 cup	1 3/4 cup
Cranberry Juice	3/4 cup	1 1/4 cup	1 3/4 cup
Hot coffee/Hot Tea	1 cup	1 1/2 cup	1 3/4 cup
Iced Tea	3/4 cup	1 1/4 cup	1 3/4 cup
*Low Fat Milk	3/4 cup	1 1/4 cup	1 1/2 cup
*Nutritional Supplement	1/3 cup	1 1/4 cup	1 3/4 cup
Orange Juice	3/4 cup	1 1/4 cup	1 1/2 cup + 2 TBSP
Water	3/4 cup	1 1/4 cup	1 3/4 cup

**\*Optimum consistency is usually reached in about 10 minutes. Stir again before serving.**

## **Note: Measurements are APPROXIMATE.**

The natural viscosity of the liquid and its serving temperature will impact the amount of thickener needed. You may need to make adjustments to the amount of thickener required to suit your needs.

## **Mixing directions.**

1. Add the recommended amount of Thick-It to the liquid while stirring briskly with a fork, wire whisk or similar.
2. After mixing, let thickened liquid stand for 2-3 minutes to achieve desired consistency.

## **EQUIVALENTS**

3 teaspoons = 1 Tablespoon

4 Tablespoons = 1/4 cup

8 Tablespoons = 1/2 cup

16 Tablespoons = 1 cup

Please call 800-333-0003 with questions.