



ThickenUP® Mixing Chart

Instant Food and Drink Thickener
(Starch-based)

Amount of ThickenUp® (household measure or gram of powder) for desired consistency

Reference: 1 tablespoon = 4.5 g 1 teaspoon = 1.5 g



VOLUME OF LIQUID	2 MILDLY THICK* (Nectar-like) [†]	3 MODERATELY THICK* (Honey-like) [†]	4 EXTREMELY THICK* (pudding-like) [†]
4 fl oz	1T - 1T + 1 tsp 4.5 g - 6 g	1T + 1 tsp - 1T + 2 tsp 6 - 7.5 g	1T + 2 tsp - 2T 7.5 - 9 g
8 fl oz	2T - 2T + 2 tsp 9 - 12 g	2T + 2 tsp - 3T + 1 tsp 12 - 15 g	3T + 1 tsp - 4T 15 - 18 g
1 Quart (8 servings of 4 fl oz)	1/2 C - 2/3C 36 - 48 g	2/3 C - 3/4 C 48 - 60 g	3/4 C - 1 C 60 - 72 g
2 Quarts (16 servings of 4 fl oz)	1 C - 1 1/3C 72 - 96 g	1 1/3 C - 1 1/2 C 96 - 120 g	1 1/2 C - 2 C 120 - 144 g

*The International Dysphagia Diet Standardization Initiative 2019 <http://iddsi.org/framework>.

Suitable for use with the IDDSI framework. Measured amounts of thickener may vary according to liquid used and temperature served. Use this chart as a guideline for developing recipes to reach the desired consistency.

PREPARATION

1. Measure the recommended amount of ThickenUp® instant food and drink thickener to achieve desired consistency. Use level measuring spoon and/or measuring cup for accurate results.
2. Slowly add ThickenUp® instant food and drink thickener to liquid while stirring briskly. Stir for 15 seconds. When thickening in bulk quantities, stir for 30 seconds. Re-stir briefly before serving. Liquid will thicken within 1-5 minutes for many beverages.

NOTE: Bulk quantities can be prepared using a blender at low speed for 60 seconds. Re-stir briefly before serving.

USE UNDER MEDICAL SUPERVISION.

THICKENUP® IS ONLY APPROPRIATE FOR USE IN INDIVIDUALS GREATER THAN 3 YEARS OLD.

*Refer to www.IDDSI.org for drink testing methods. [†]National Dysphagia Diet Task Force. American Dietetic Association, 2022

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