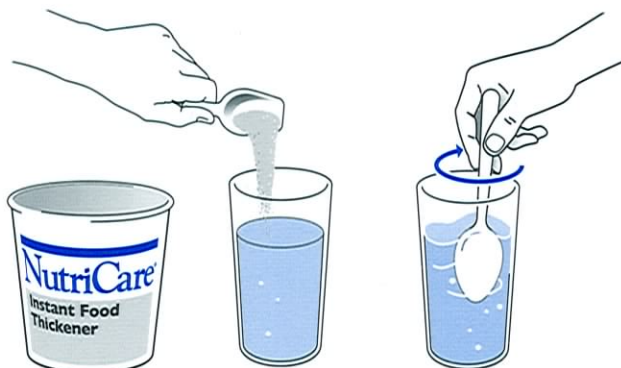


Instant Food Thickener USAGE CHART

NutriCare Instant Food Thickener works quickly and easily to thicken hot or cold, thick or thin liquids to a nectar, honey or pudding-like consistency. Consult the chart below to determine the proper amount of thickener to use.

PLEASE NOTE: As with any thickener, amounts may need to be adjusted for different types of blenders and liquids used. As liquids may pose a particular problem for patients with dysphagia, please review the consistency that is appropriate for specific patient usage.



DIRECTIONS: Using the chart below, add the recommended amount of NutriCare Instant Food Thickener. Stir briskly until dissolved, or use a hand mixer or blender at the lowest speed for no more than 5-10 seconds. (For 32 oz. servings or larger, additional mixing may be required.) **DO NOT OVER MIX.** Allow mixture to rest for 1-5 minutes for liquid to reach the desired consistency. We recommend that you experiment with NutriCare Instant Food Thickener to obtain the exact consistency desired. If a thicker consistency is desired, add in increments of ½-1 teaspoon of NutriCare Instant Food Thickener and remix. Continue until desired consistency is obtained. If a thinner consistency is desired, add a small amount of water, or the liquid you are using, in increments of 1 tablespoon at a time, and remix.

Nectar-like Consistency



Honey-like Consistency



Pudding-like Consistency



SERVING SIZE	4 OZ.	6 OZ.	8 OZ.	32 OZ.	4 OZ.	6 OZ.	8 OZ.	32 OZ.	4 OZ.	6 OZ.	8 OZ.	32 OZ.
Water	1 Tbsp	1 Heaping Tbsp	2 Tbsp	3/8 Cup	1 Heaping Tbsp	1 3/4 Tbsp	2 Heaping Tbsp	1/2 cup	1 1/2 Tbsp	2 Heaping Tbsp	3 Tbsp	3/4 Cup
Juice, Apple or Orange	2 tsp	1 Heaping Tbsp	1 1/2 Tbsp	1/4 Cup	1 Tbsp	1 1/2 Tbsp	2 Tbsp	1/2 cup	1 1/2 Tbsp	2 Heaping Tbsp	3 Tbsp	5/8 Cup
Cranberry Juice	1 Tbsp	1 Heaping Tbsp	2 Tbsp	3/8 Cup	1 Heaping Tbsp	1 3/4 Tbsp	2 Heaping Tbsp	1/2 cup	1 1/2 Tbsp	2 Heaping Tbsp	3 Tbsp	3/4 Cup
NutriCare® S/F Beverage Crystals	1 Tbsp	1 Heaping Tbsp	2 Tbsp	3/8 Cup	1 Heaping Tbsp	1 3/4 Tbsp	2 Heaping Tbsp	1/2 cup	1 1/2 Tbsp	2 Heaping Tbsp	3 Tbsp	3/4 Cup
NutriCare® Supplement	2 tsp	1 Heaping Tbsp	1 1/2 Tbsp	1/4 Cup	1 Tbsp	1 1/2 Tbsp	2 Tbsp	3/8 cup	1 1/2 Tbsp	2 Heaping Tbsp	3 Tbsp	5/8 Cup
Hot Chocolate	2 tsp	1 Heaping Tbsp	1 1/2 Tbsp	1/4 Cup	1 Tbsp	1 1/2 Tbsp	2 Tbsp	3/8 cup	1 1/2 Tbsp	2 Heaping Tbsp	3 Tbsp	5/8 Cup
Hot Tea & Coffee	2 tsp	1 Heaping Tbsp	1 1/2 Tbsp	1/4 Cup	1 Tbsp	1 1/2 Tbsp	2 Tbsp	3/8 cup	1 1/2 Tbsp	2 Heaping Tbsp	3 Tbsp	5/8 Cup
Milk	2 tsp	1 Heaping Tbsp	1 1/2 Tbsp	1/4 Cup	1 Tbsp	1 1/2 Tbsp	2 Tbsp	3/8 cup	1 1/2 Tbsp	2 Heaping Tbsp	3 Tbsp	5/8 Cup

