















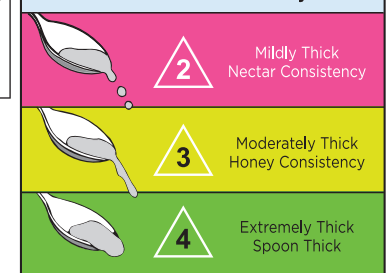
# Hand Mixing Chart for Thickened Beverages

With ReadyCare Instant Food Thickener

Serving Size	4 fl oz			8 fl oz			1 Quart			2 Quarts		
												
<b>Water</b>	1-1/2 Tbsp	1 Tbsp + 2 tsp	2 Tbsp	3 Tbsp	3 Tbsp + 1 tsp	1/4 C	3/4 C	3/4 C + 1 Tbsp	1 C	1-1/2 C	1-3/4 C	2 C
<b>Apple Juice</b>	1 Tbsp + 1 tsp	1-1/2 Tbsp	2 Tbsp	2 Tbsp + 2 tsp	3 Tbsp	1/4 C	2/3 C	3/4 C	1 C	1-1/3 C	1-1/2 C	2 C
<b>Cranberry Juice</b>	1 Tbsp + 1 tsp	1 Tbsp + 2 tsp	2 Tbsp	2 Tbsp + 2 tsp	3 Tbsp + 1 tsp	1/4 C	1/2 C	3/4 C + 1 Tbsp	1 C	1-1/3 C	1-3/4 C	2 C
<b>Orange Juice</b>	1 Tbsp + 1/2 tsp	1-1/2 Tbsp	2 Tbsp	2 Tbsp + 1 tsp	3 Tbsp	1/4 C	1/2 C + 1 Tbsp	3/4 C	1 C	1-1/4 C	1-1/2 C	2 C
<b>2% Milk</b>	1 Tbsp + 1 tsp	1 Tbsp + 2 tsp	2 Tbsp	2 Tbsp + 2 tsp	3 Tbsp + 1 tsp	1/4 C	2/3 C	3/4 C + 1 Tbsp	1 C	1-1/3 C	1-3/4 C	2 C
<b>Hot Coffee / Tea</b>	1-1/2 Tbsp	1 Tbsp + 2 tsp	2 Tbsp	3 Tbsp	3 Tbsp + 1 tsp	1/4 C	3/4 C	3/4 C + 1 Tbsp	1 C	1-1/2 C	1-3/4 C	2 C
<b>Tomato Juice</b>	1 tsp	1-1/2 tsp	2 tsp	<p>These recommendations are suitable for use with IDDSI framework. To learn more about IDDSI, please visit <a href="http://www.iddsi.org">www.iddsi.org</a>. Liquids may vary in thickness prior to adding Instant Food Thickener. You may need to adjust the amount of Instant Food Thickener to suit your requirements.</p>								
<b>Prune Juice</b>	1 Tbsp + 1/2 tsp	1-1/2 Tbsp	2 Tbsp									
<b>Serving Size</b>	<b>6 fl oz</b>											
												
<b>Broth</b>	1 Tbsp + 1 tsp	1 Tbsp + 2 tsp	2 Tbsp									

Tbsp = tablespoon  
tsp = teaspoon  
C = cup

**Desired Consistency**



**2** Mildly Thick  
Nectar Consistency

**3** Moderately Thick  
Honey Consistency

**4** Extremely Thick  
Spoon Thick

## How to Prepare

1. Measure recommended amount of ReadyCare Instant Food Thickener to achieve desired consistency. Use level measuring spoon and/or cup for accurate results.
2. Add thickener to liquid while stirring. Stir for 10-20 seconds. For bulk quantities (1 Quart and larger), a longer stir time of 30 seconds is recommended or use a blender. Liquid will thicken in 1-4 minutes.

## Additional Tips

- For cream or puree soups, place soup in bowl and stir in thickener with fork or wire whisk until dissolved and desired consistency is achieved. Liquid will thicken fully in 4 minutes. Soup must be served at 140° F to ensure the correct thickness.