



# Hormel™ THICK & EASY®

Brand

## THICK & EASY® Instant Food & Beverage Thickener

THICK & EASY® Instant Food & Beverage Thickener is easy to use and safe for those with swallowing difficulties. Thicken up all varieties of hot and cold foods and liquids to be enjoyed without affecting the taste. The powder blends quickly and smoothly to achieve IDDSI level 2 (nectar), level 3 (honey) or level 4 (spoon thick) consistencies. Individuals with dysphagia can enjoy tasty, nourishing foods while maintaining a properly hydrated and healthy nutritional status. For recipes and more mixing information, visit [HormelHealthLabs.com](http://HormelHealthLabs.com)



### THICKENER MIXING CHART - 25 LB BULK ONLY\*

IDDSI†	1 Slightly Thick			2 Mildly Thick (Nectar Like)			3 Moderately Thick (Honey Like)		4 Extremely Thick (Spoon Like)
	Water, Coffee	Milk, Clear Juices	Orange Juice	Water, Coffee	Milk, Clear Juices	Orange Juice	Water, Coffee, Milk, Clear Juice	Orange Juice	All Beverages
4 fl oz	1 T	2½ tsp	2 tsp	1 T + ½ tsp	1 T	2½ tsp	1 T + 1 tsp	1 T	2 T
6 fl oz	1 T + 1½ tsp	1 T + ¾ tsp	1 T	1 T + 2¼ tsp	1 T + 1½ tsp	1 T + ¾ tsp	2 T	1 T + 1½ tsp	3 T
8 fl oz	2 T	1 T + 2 tsp	1 T + 1 tsp	2 T + 1 tsp	2 T	1 T + 2 tsp	2 T + 2 tsp	2 T	¼ C
32 fl oz	½ C	6 T + 2 tsp	5 T + 1 tsp	½ C + 1 T + 1 tsp	½ C	6 T + 2 tsp	½ C + 2 T + 2 tsp	½ cup	1 C
128 fl oz	2 C	1½ C + 2 T + 2 tsp	1¼ C + 1 T + 1 tsp	2 C + 5 T + 1 tsp	2 C	1½ C + 2 T + 2 tsp	2½ C + 2 T + 2 tsp	2 C	4 C

This chart is a guide for thickening liquids. The amount of thickener may need to be adjusted to meet your individual needs. Results may vary depending on source of water and temperature of beverage. Suitable for children 3 years of age or older.

tsp = teaspoon, T = Tablespoon, C = Cup

\*International Dysphagia Diet Standards Initiative

### MIXING DIRECTIONS



Add level measured thickener to desired liquid. Stir with a spoon or a fork for approximately 15 seconds until thickener is dissolved.



Allow 1-4 minutes for product to reach desired thickness. **Products may thicken over time.**

#### TO THICKEN FOOD

Pureed Fruits - 4oz. Drained      Add ¾ -1½ tsp thickener  
 Pureed Vegetables - 4oz. Drained      Add ¾ -1½ tsp thickener  
 Pureed Meats - 3oz  
 (meat broth slurry = 4 oz. meat broth thickened with 1 tbsp thickener.)      Add 1 oz. meat broth slurry

**The amount of thickener may need to be adjusted to meet your individual needs.**  
 \*Always test for the appropriate IDDSI level

### PRODUCT INFORMATION

SHELF STABLE	Item Number	Serving Size	Case Pack	Calorie	Fat grams	Sodium mg	Carb. grams	Protein grams	Shelf Life	Kosher	Verified Gluten Free	Contains Gluten Ingredients*	Verified Lactose Free	Contains Dairy Ingredients
<b>THICK &amp; EASY® Instant Food &amp; Beverage Thickener</b>														
Thickener Box	07925	4.5g	1/25 lb	15	0	10	4	0	5 yr	Ⓢ	✓		✓	

\*Gluten-containing grains are defined as any one of the grains wheat, rye, or barley, or their crossbred hybrids.