



Hand Mixing Chart for Thickened Beverage

With Lyons ReadyCare® Instant Food Thickener

Serving Size	4 fl oz			8 fl oz			1 Quart			2 Quarts		
	2	3	4	2	3	4	2	3	4	2	3	4
Water, Clear Juices, Coffee, Tea	1 Tbsp	1 Tbsp + 1 tsp	1 Tbsp + 2 tsp	2 Tbsp + 2 tsp	3 Tbsp	1/4 C	2/3 C	3/4 C	1 C	1-1/4 C	1-1/2 C	2 C
Orange Juice, 2% Milk	2 1/2 tsp	1 Tbsp	1 Tbsp + 2 tsp	2 Tbsp	3 Tbsp	1/4 C	1/2 C + 1 Tbsp	3/4 C	1 C	1 C + 2 Tbsp	1-1/2 C	2 C

Serving Size	6 fl oz		
	2	3	4
Broth	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

These recommendations are suitable for use with IDDSI framework. To learn more about IDDSI, please visit www.iddsi.org. 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.

How to Prepare

1. Measure recommended amount of Lyons ReadyCare® Instant Food Thickener to achieve desired consistency. Use level measuring spoon and/or cup for accurate results.
2. Add thickener to liquid (chilled beverage or hot soup) 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.