

# RESOURCE® ThickenUp® QUANTITY PREPARATION

## 4 Fl Oz Servings\*

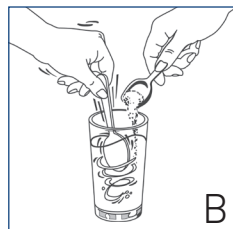
Liquid	1 SERVING – 4 OZ LIQUID			8 SERVINGS – 1 QT LIQUID			16 SERVINGS – 2 QTS LIQUID		
	Nectar	Honey	Pudding	Nectar	Honey	Pudding	Nectar	Honey	Pudding
Water	1 T + 1 t	1½ T	2 T	⅓ C	¾ C	1 C	1⅓ C	1½ C	2 C
Apple Juice	1 T	1 T + 1 t	1 T + 2 t	½ C	⅔ C	¾ C + 1 T	1 C	1⅓ C	1⅔ C
Cranberry Juice	1 T	1 T + 1 t	1 T + 2 t	½ C	⅔ C	¾ C + 1 T	1 C	1⅓ C	1⅔ C
Grape Juice	1 T	1 T + 1 t	1 T + 2 t	½ C	⅔ C	¾ C + 1 T	1 C	1⅓ C	1⅔ C
Orange Juice	2½ t	1 T + ½ t	1½ T	⅓ C + 1 T	½ C + 1½ T	¾ C	¾ C + 1 T	1 C + 3 T	1½ C
Prune Juice	1 T	1 T + 1 t	1 T + 2 t	½ C	⅔ C	¾ C + 1 T	1 C	1⅓ C	1⅔ C
Fruit Nectar	1½ t	2 t	1 T	¼ C	⅓ C	½ C	½ C	⅔ C	1 C
Tomato/Vegetable Juice	1 t	1½ t	2 t	1½ t	3 T	⅓ C	3 T	⅓ C	⅔ C
Carbonated Sodas	1 T	1 T + 1 t	1 T + 2 t	½ C	⅔ C	¾ C + 1 T	1 C	1⅓ C	1⅔ C
Lemonade/Punch	1 T	1 T + 1 t	1 T + 2 t	½ C	⅔ C	¾ C + 1 T	1 C	1⅓ C	1⅔ C
Coffee/Tea	1 T + 1 t	1½ T	2 T	⅓ C	¾ C	1 C	1⅓ C	1½ C	2 C
Broth	1 T + 1 t	1½ T	2 T	⅓ C	¾ C	1 C	1⅓ C	1½ C	2 C
Skim/1% Milk	1 T + 1 t	1½ T	2 T	⅓ C	¾ C	1 C	1⅓ C	1½ C	2 C
2%/Whole Milk	1 T + 1 t	1½ T	2 T	⅓ C	¾ C	1 C	1⅓ C	1½ C	2 C
Nutritional Supplements	2½ t	1 T + ½ t	1½ T	⅓ C + 1 T	½ C + 1½ T	¾ C	¾ C + 1 T	1 C + 3 T	1½ C

\*This chart offers suggested measurements to achieve nectar, honey and pudding consistencies. If the thickness achieved is not consistent with the standards in your facility, please use this chart as a guideline for developing your own measurements.

### HOW TO PREPARE



A. Measure recommended amount of RESOURCE® ThickenUp® Instant Food and Drink Thickener to achieve desired consistency. Use level measuring spoon and/or cup for accurate results.



B. Slowly add RESOURCE® ThickenUp® to liquid while stirring briskly. Stir for 15 seconds. When thickening in bulk, stir for 30 seconds. Restir briefly before serving. Liquid will thicken within 1 to 5 minutes. *Note: Product can be prepared using a blender at low speed for 60 seconds. Restir briefly before serving.*

### DESIRED CONSISTENCY



Nectar-Like



Honey-Like



Pudding-Like

## 6 Fl Oz Servings\*

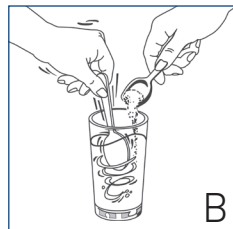
Liquid	1 SERVING – 6 OZ LIQUID			8 SERVINGS – 1 ½ QTS LIQUID			16 SERVINGS – 3 QTS LIQUID		
	Nectar	Honey	pudding	Nectar	Honey	pudding	Nectar	Honey	pudding
Water	2 T	2 T + 1 t	3 T	1 C	1 C + 3 T	1 ½ C	2 C	2 ½ C	3 C
Apple Juice	1 ½ T	2 T	2 ½ T	¾ C	1 C	1 ¼ C	1 ½ C	2 C	2 ½ C
Cranberry Juice	1 ½ T	2 T	2 ½ T	¾ C	1 C	1 ¼ C	1 ½ C	2 C	2 ½ C
Grape Juice	1 ½ T	2 T	2 ½ T	¾ C	1 C	1 ¼ C	1 ½ C	2 C	2 ½ C
Orange Juice	1 T + 1 t	1 T + 2 t	2 T + 1 t	¾ C	¾ C + 1 ½ T	1 C + 3 T	1 ½ C	1 ¾ C	2 ½ C
Prune Juice	1 ½ T	2 T	2 ½ T	¾ C	1 C	1 ¼ C	¾ C	2 C	2 ½ C
Fruit Nectar	2 t	1 T	1 ½ T	⅓ C	½ C	¾ C	1 ½ C	1 C	1 ½ C
Tomato/Vegetable Juice	1 t	2 t	1 T	2 T	¼ C	½ C	¼ C	½ C	1 ½ C
Carbonated Sodas	1 ½ T	2 T	2 ½ T	¾ C	1 C	1 ¼ C	1 ½ C	2 C	2 ½ C
Lemonade/Punch	1 ½ T	2 T	2 ½ T	¾ C	1 C	1 ¼ C	1 ½ C	2 C	2 ½ C
Coffee/Tea	2 T	2 T + 1 t	3 T	1 C	1 C + 3 T	1 ½ C	2 C	2 ½ C	3 C
Broth	2 T	2 T + 1 t	3 T	1 C	1 C + 3 T	1 ½ C	2 C	2 ½ C	3 C
Skim/1% Milk	2 T	2 T + 1 t	3 T	1 C	1 C + 3 T	1 ½ C	2 C	2 ½ C	3 C
2%/Whole Milk	2 T	2 T + 1 t	3 T	1 C	1 C + 3 T	1 ½ C	2 C	2 ½ C	3 C
Nutritional Supplements	1 T + 1 t	1 T + 2 t	2 T + 1 t	¾ C	¾ C + 1 ½ T	1 C + 3 T	1 ½ C	1 ¾ C	2 ½ C

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A. Measure recommended amount of RESOURCE® ThickenUp® Instant Food and Drink Thickener to achieve desired consistency. Use level measuring spoon and/ or cup for accurate results.



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### DESIRED CONSISTENCY

