




Making Thickened Beverages with Resource Thickenup[®]

		Level of Thickness		
		 Nectar	 Honey	 Pudding
Amount of Liquid		Amount of Thickenup [®]		
Milk	1 cup	2 Tbsp. + 2 tsp.	3 Tbsp.	4 Tbsp.
Apple juice	½ cup	1 Tbsp.	1 Tbsp. + 1 tsp.	1 Tbsp. + 2 tsp.
Orange juice	½ cup	2 ½ tsp.	1 Tbsp. + ½ tsp.	1 ½ Tbsp.
Prune juice	½ cup	1 Tbsp.	1 Tbsp. + ½ tsp.	1 Tbsp. + 2 tsp.
Tomato juice	½ cup	0	1 tsp.	2 tsp.
Carbonated beverage	1 cup	2 Tbsp.	1 Tbsp. + 2 tsp.	3 Tbsp. + 1 tsp.
Water, coffee, tea	1 cup	2 Tbsp. + 2 tsp.	3 Tbsp.	4 Tbsp.

Directions

1. Measure the liquid into a glass or a cup.
2. Choose the level of thickness that you need.
Measure the amount of thickener needed.
3. Sprinkle the thickener into the liquid. Stir until the thickener is dissolved.
4. Let the liquid sit for 1 to 5 minutes to thicken.

please turn over →

How long can I store the thickened beverage?

You can keep in the refrigerator overnight. Throw out any unused portion afterwards.

Dietitian's or Dietetic Assistant's notes:

Where to buy:

Marchese Pharmacy
316 James Street North
Hamilton, Ontario
L8L 1H2
905-528-4201
www.marchesehealthcare.ca

Shopper's Drug Mart
www.shoppersdrugmart.ca

Many locations. Ask the pharmacist for availability.

Lo Presti Pharmacy
770 Concession Street
Hamilton, Ontario
L8V 1C3
905-383-1587

Rexall
www.rexall.ca

Many locations. Ask the pharmacist for availability.

Metric and Imperial serving sizes

1 cup = 250 ml, ½ cup = 125 ml, 1 Tbsp. = 15 ml, 1 tsp. = 5 ml