

Thickening Multiple Servings of Beverages, Soups and Purees with Hydra~Aid™ Hot & Cold Thickener

Note: The most recently produced 64 ounce containers of Hydra~Aid now employ a larger pump (GEL003) which, with one (1) complete plunge of the pump, will dispense one (1) ounce of Hydra~Aid thickener. If the smaller pump (GEL001) is being used, approximately 4 complete plunges will yield one-ounce of Hydra~Aid.

STEPS:

1. Place liquid or puree in bowl of mixer/blender.
2. Refer to chart below and add appropriate amount of Hydra~Aid to bowl's contents. For pureed foods add liquid and Hydra~Aid to bowl at the same time.
3. Mix/blend contents of bowl for 3 minutes.
4. Let mixture sit for 2 minutes.
5. Pour into individual serving containers.

Note: For hot liquids such as broth or coffee, be sure to first prepare (mix/blend) liquid or puree in bowl. Then, using the chart below, add Hydra~Aid and remix/blend all contents to achieve desired viscosity.

MIXING CHART*

<u>Total amount of Liquid or Puree</u>	<u>Add this amount of Hydra~Aid to achieve these viscosities</u>		
	<u>Nectar-like</u>	<u>Honey-like</u>	<u>Spoon or Pudding-like</u>
1 Quart	4 plunges (4 oz.)	8 plunges (8oz.)	16 plunges (16 oz.)
1/2 Gallon	8 plunges (8 oz.)	16 plunges (8oz.)	32 plunges (32 oz.)
1 Gallon	16 plunges (16 oz.)	32 plunges (32 oz.)	64 plunges (64 oz.)

*** The above chart is only a guide. Purees and liquids have varying viscosities. Dietitians in coordination with other health professionals, responsible for diets, should establish exact level of thickening required to meet specific needs in their facility.**