

Supercol Food & Liquid Thickener

Mixing Guidelines



Liquid	Level 1 (AR-Slightly Thick)	Level 2 (Mildly Thick)	Level 3 (Moderately Thick)	Level 4 (Extremely Thick)
100ml	1 Scoop 1/8 Teaspoon ½ Gram	1 ½ Scoops 1/6 Teaspoon ¾ Gram	2 Scoops ¼ Teaspoon 1 Gram	3 Scoops 3/8 Teaspoon 1 ½ Grams
200ml	2 Scoops 1/4 Teaspoon 1 Gram	3 Scoops 3/8 Teaspoon 1 ½ Grams	4 Scoops ½ Teaspoon 2 Grams	6 Scoops 3/4 Teaspoon 3 Grams
400ml	½ Teaspoon 2 Grams	¾ Teaspoon 3 Grams	1 Teaspoon 4 Grams	1 ½ Teaspoons 6 Grams
800ml	1 Teaspoon 4 Grams	1 ½ Teaspoons 6 Grams	2 Teaspoons 8 Grams	3 Teaspoons 12 Grams

*Scoops are provided with 325gm jars only - 1 Scoop = 1/8 teaspoon

Mixing Instructions

1. Add desired measure of liquid to clean and dry cup, glass, jug or bottle
2. Slowly sprinkle dosage into liquid, whilst stirring vigorously
3. Mix for no more than 30 seconds, ensuring powder is completely dissolved
4. For maximum thickness, leave to stand for 2-3 minutes before serving

*Instructions are a guide only and should be used in consultation with your Healthcare Professional

**Adapted from the International Dysphagia Diet Standardisation Initiative 2016 (IDDSI) and Australian Standardised Definitions and Terminology for Texture-Modified Foods and Fluids, Nutrition and Dietetics 2007; (Suppl.2)