

Mixing guidelines for

QUIKTHIK

METHOD:

1. Measure out the total amount of QuikThik required and put it into a dry cup/glass/jug.
2. Add fluid and stir immediately
3. Agitate continually until QuikThik is completely dissolved—do not add more powder
4. Allow fluids to stand until desired thickness is reached.

Modified

Mostly Modified

THICKNESS*	MILDLY THICK LEVEL 150 (Nectar, ½ thickness, T1, A)	MODERATELY THICK LEVEL 400 (Honey, ½ thickness, T2, B)	EXTREMELY THICK LEVEL 900 (Full, T3, C)
RECIPE SINGLE SERVE	1 x level teaspoon OR 1 x lightly rounded scoop /100mL fluid	2 x level teaspoon OR 2 x lightly rounded scoop /100mL fluid	3 x level teaspoon OR 3 x lightly rounded scoop /100mL fluid
MOVICOL RECIPE	1¼x level teaspoon OR 1¼ x lightly rounded scoop /125mL MOVICOL	1½x level teaspoon OR 1½ x lightly rounded scoop /125mL MOVICOL	1¾x level teaspoon OR 1¾ x lightly rounded scoop /125mL MOVICOL
BULK RECIPE 1 LITRE	10 x Scoop /1000mL fluid	20 x Scoop /1000mL fluid	30 x Scoop /1000mL fluid
DESCRIPTION	Thicker than naturally thick fluids such as fruit nectars, but not as thick as a thick shake.	Similar to the thickness of room temperature honey or a thick shake.	Similar to the thickness of pudding or mousse.
FLOW RATE	Steady, fast flow	Slow flow	No flow

*Australian standardised definitions and terminology for texture-modified foods and fluids as defined by the Dietitians Association of Australia 2007

DIRECTIONS NOTES:

For accurate thickness ensure the fluid and thickener amounts used are correct.

Agitation can be done by hand with a fork or spoon for small volumes, or by high speed mixing for large volumes - to prevent aeration do not allow the mixer to break the fluid surface.

Warm/hot fluids will reach thickness in approx 1 minute. Cold fluids will thicken slowly over several minutes.

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MADE AND OWNED



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