



Hello!

APNED is happy to be able to promote and encourage the standardization of thickened liquids which are made in centers throughout Quebec. It is with great pleasure that we are able to lend our consistometer to help in this task. We have also developed detailed guidelines on the use of the consistometer to allow for a more controlled and standardized method of use among all borrowers in order to obtain comparable results.

You will be able to fill in and return the Excel table provided (in electronic or paper format).

For any questions please contact us by email: Information@apned.info or via telephone at (514) 884-8398.

In order to consolidate all of the data, we ask that you send us the results of your evaluations by printing the Excel table document and mailing it to

APNED

CP 76555

CP Bélanger

Montréal, Qc , H1T 4C7

Or by sending it electronically in file format to: Information@apned.info

Thank you for taking the time to measure your thickened beverages. Please return these instructions when you return the consistometer.

Heidi Ritter, MSc, PDt

On behalf of the APNED executive committee

BOSTWICK CONSISTOMETER

Tools required : Bostwick consistometer, test item, data table to complete, watch with a second hand or chronometer, spatula or knife, hand or dish towel.

Instructions :

- Ensure that the consistometer is level by verifying that the bubble is centered on the level indicator.
- Close the guillotine and position the lever to keep it in place.
- Take note of the temperature of the liquid to be tested. The liquid should be at the temperature it will be served at.
- Fill the cavity with the test liquid.
- Remove all overflowing liquid using a knife or spatula.
- At the same time, activate the chronometer and push on the lever to release the guillotine which is holding the test liquid in place.
- After 30 seconds, take your readings. Generally, the liquid creates a convex form: therefore take the reading at the maximum (center) and minimum (side) in order to calculate an average of the two values (Fig. 1).
- Clean and dry the consistometer well between each test.
- The consistometer needs to be at room temperature at the time of testing.

Figure 1 :

