



NLGI Consistency Examples

| NLGI Consistency Examples |  |                 |                         |
|---------------------------|--|-----------------|-------------------------|
| NLGI Number               | ASTM worked (60 strokes) penetration at 25 °C tenths of a millimeter | Appearance      | Consistency food analog |
| 000                       | 445 – 475  | Fluid           | Cooking Oil             |
| 00                        | 400 – 430  | Semi-Fluid      | Apple Sauce             |
| 0                         | 355 – 385  | Very Soft       | Brown Mustard           |
| 1                         | 310 – 340  | Soft            | Tomato Paste            |
| 2                         | 265 – 295  | “Normal” Grease | Peanut Butter           |
| 3                         | 220 – 250  | Firm            | Vegetable Shortening    |
| 4                         | 175 – 205  | Very Firm       | Frozen Yogurt           |
| 5                         | 130 – 160  | Hard            | Smooth Pate             |
| 6                         | 85 – 115   | Very hard       | Cheddar Cheese          |

