

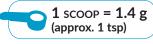
## **4 fl oz Servings** Preparation Guide:



For best results, first add the recommended amount of powder into the cup according to the required consistency.



THIS PRODUCT IS ONLY APPROPRIATE FOR USE IN INDIVIDUALS GREATER THAN 3 YEARS OLD





Immediately stir briskly for 20–30 seconds until powder is well dissolved.

Mixes easily into: WATER, JUICE, TEA, COFFEE, LEMONADE, PUNCH, CARBONATED SODA<sup>†</sup> & BROTH

Pour liquid over

the powder.

2

NUMBER of 4 fl oz SERVINGS	NECTAR CONSISTENCY MILDLY THICK*	HONEY CONSISTENCY MODERATELY THICK*	PUDDING CONSISTENCY
1	1 scoop	2 scoops	3-4 scoops
2	2 scoops	4 scoops	6-8 scoops
5	1 Tbsp + 2 tsp	3 Tbsp + 1 tsp	¼ cup + 1 Tbsp
10	3 Tbsp + 1 tsp	⅓ cup + 1 Tbsp	⅔ cup
20	⅓ cup + 1 Tbsp	¾ cup + 1½ Tbsp	1¼ cup
30	⅔ cup	1¼ cup	1¾ cup + 2 Tbsp

Water, tea, coffee, lemonade, punch and carbonated sodas<sup>†</sup> should reach desired consistency within 5 minutes. For juices, leave standing for at least 5 minutes. Remember to re-stir briefly before serving. NOTE: Thickened beverages may be covered and chilled for up to 24 hours. Make sure to stir well before serving.

<sup>†</sup>Carbonated soda is appropriate for 2-MILDLY THICK\*, 3-MODERATELY THICK\* and Nectar & Honey consistency

The amount of thickener may need to be adjusted to meet individual requirements, facility standards, type of liquid or mixing temperatures.

BOOST  $\mathsf{BREEZE}^{\texttt{®}}$  does not thicken when used with  $\mathsf{ThickenUp}^{\texttt{®}}$  Clear.

Suitable for use with the IDSSI framework. \*The International Dysphagia Diet Standardization Initiative 2019 <u>http://iddsi.org/framework</u>

## www.ThickenUpClear.com • 1-800-422-ASK2 (2752)

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