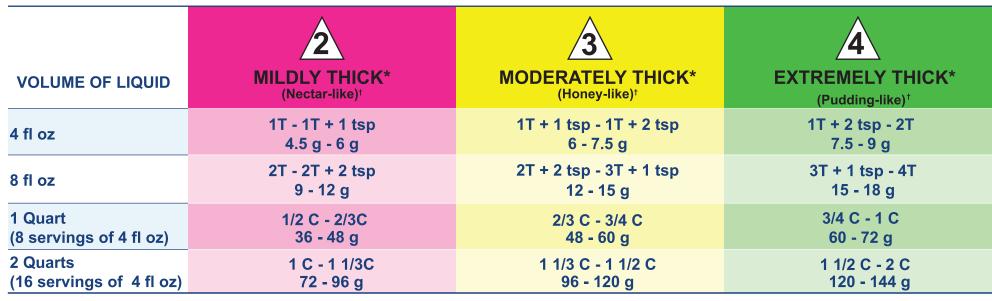


ThickenUP Mixing Chart

Instant Food and Drink Thickener (Starch-based)

Amount of ThickenUp® (household measure or gram of powder) for desired consistency

Reference: 1 tablespoon = 4.5 g 1 teaspoon = 1.5 g



^{*}The International Dysphagia Diet Standardization Initiative 2019 http://iddsi.org/framework.

Suitable for use with the IDDSI framework. Measured amounts of thickener may vary according to liquid used and temperature served. Use this chart as a guideline for developing recipes to reach the desired consistency.

PREPARATION

- 1. Measure the recommended amount of ThickenUp® instant food and drink thickener to achieve desired consistency. Use level measuring spoon and/or measuring cup for accurate results.
- 2. Slowly add ThickenUp® instant food and drink thickener to liquid while stirring briskly. Stir for 15 seconds. When thickening in bulk quantities, stir for 30 seconds. Re-stir briefly before serving. Liquid will thicken within 1-5 minutes for many beverages.

NOTE: Bulk quantities can be prepared using a blender at low speed for 60 seconds. Re-stir briefly before serving.

USE UNDER MEDICAL SUPERVISION.

THICKENUP® IS ONLY APPROPRIATE FOR USE IN INDIVIDUALS GREATER THAN 3 YEARS OLD.

*Refer to www.IDDSI.org for drink testing methods. †National Dysphagia Diet Task Force. American Dietetic Association, 2022



Nestle