

RESOURCE® ThickenUp® Clear

Instant Food & Drink Thickening Powder



4 fl oz Servings

Preparation Guide:



1
For best results, first add the recommended amount of powder into the cup according to the required consistency.









2
Pour liquid over the powder.



3
Immediately stir briskly for 20–30 seconds until powder is well dissolved.

 **1 SCOOP = 1.4 g**
(approx. 1 tsp)

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

NUMBER of 4 fl oz SERVINGS	 NECTAR CONSISTENCY	 HONEY CONSISTENCY	 PUDDING CONSISTENCY
	 2 MILDLY THICK*	 3 MODERATELY THICK*	 4 EXTREMELY THICK*
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	1½ Tbsp + 1 tsp	½ cup + 1 Tbsp	⅓ 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† 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.

†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 BREEZE® does not thicken when used with RESOURCE® Thicken Up® Clear.

This product is only appropriate for use in individuals greater than 3 years old.

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Suitable for use with IDSSI framework.

*The International Dysphagia Diet Standardization Initiative 2016 <http://iddsi.org/framework>

