



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

4 fl oz Servings Preparation Guide:

1 SCOOP = 1.4 g
 (approx. 1 tsp)



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.

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

NUMBER of 4 fl oz SERVINGS	 NECTAR CONSISTENCY	 HONEY CONSISTENCY	 PUDDING CONSISTENCY
	 MILDLY THICK*	 MODERATELY THICK*	 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	3 Tbsp + 1 tsp	½ cup + 1 Tbsp	⅓ cup
20	½ 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.

Suitable for use with the IDSSI framework.

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

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