





















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

## Bulk Beverage Preparation

4 FL OZ SERVINGS									
LIQUID	1 QUART (8 Servings)			2 QUARTS (16 Servings)			1 GALLON (32 Servings)		
	NECTAR CONSISTENCY  MILDLY THICK*	HONEY CONSISTENCY  MODERATELY THICK*	PUDDING CONSISTENCY  EXTREMELY THICK*	NECTAR CONSISTENCY  MILDLY THICK*	HONEY CONSISTENCY  MODERATELY THICK*	PUDDING CONSISTENCY  EXTREMELY THICK*	NECTAR CONSISTENCY  MILDLY THICK*	HONEY CONSISTENCY  MODERATELY THICK*	PUDDING CONSISTENCY  EXTREMELY THICK*
Water, Juice, Tea, Coffee, Lemonade, Punch, Carbonated Soda†	3 Tbsp + 1 tsp	1/3 cup + 2 tsp	1 cup	1/3 cup + 1 Tbsp	2/3 cup + 2 Tbsp	2 cups	3/4 cup	1 1/3 cups	1 quart

3 GALLONS (96 Servings)									
LIQUID	3 GALLONS (96 Servings)			4 GALLONS (128 Servings)			5 GALLONS (160 Servings)		
	NECTAR CONSISTENCY  MILDLY THICK*	HONEY CONSISTENCY  MODERATELY THICK*	PUDDING CONSISTENCY  EXTREMELY THICK*	NECTAR CONSISTENCY  MILDLY THICK*	HONEY CONSISTENCY  MODERATELY THICK*	PUDDING CONSISTENCY  EXTREMELY THICK*	NECTAR CONSISTENCY  MILDLY THICK*	HONEY CONSISTENCY  MODERATELY THICK*	PUDDING CONSISTENCY  EXTREMELY THICK*
Water, Juice, Tea, Coffee, Lemonade, Punch, Carbonated Soda†	2 1/4 cups	1 quart	3 quarts	3 cups	1 quart + 1 1/3 cups	1 gallon (16 cups)	1 quart	1 quart + 3 cups	1 1/4 gallon (20 cups)

### Preparation Instructions

For best results, use one of the following preparation methods

#### Mix by Hand

1. Measure amount of RESOURCE® ThickenUp® Clear to achieve desired consistency.
2. Pour liquid into a large container and add appropriate amount of ThickenUp® Clear.
3. Mix with a wire whip for 20–30 seconds or until RESOURCE® ThickenUp® Clear is dissolved.
4. Portion as desired, or cover and refrigerate until ready to serve.

Water, tea, coffee, lemonade, punch and carbonated sodas† will reach desired consistency within 5 minutes. For juices, leave standing for at least 5 minutes or until the desired thickness is achieved. Remember to re-stir briefly before serving.

Thickened beverages may be covered and chilled for up to 24 hours. Make sure to stir well before serving.

#### Blender

1. Measure amount of RESOURCE® ThickenUp® Clear to achieve desired consistency.
2. Pour liquid into a blender container and add appropriate amount of RESOURCE® ThickenUp® Clear.
3. Cover and blend for 10–20 seconds.
4. Portion as desired, or cover and refrigerate until ready to serve.

Water, tea, coffee, lemonade, punch and carbonated sodas† will reach desired consistency within 5 minutes. For juices, leave standing for at least 5 minutes or until the desired thickness is achieved. Remember to re-stir briefly before serving.

Thickened beverages may be covered and chilled for up to 24 hours. Make sure to stir well before serving.

**NOTE:** Blending may cause the thickened liquid to become foamy in texture.

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

Suitable for use with the IDSSI framework. \*The International Dysphagia Diet Standardization Initiative 2016  
<http://idssi.org/framework>