








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

## Added to Oral Nutritional Supplements and Milk (Single Servings)

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

READY-TO-SERVE†	SERVING SIZE		NECTAR CONSISTENCY		HONEY CONSISTENCY
			MILDLY THICK*		MODERATELY THICK*
BOOST® Original, BOOST® Women, BOOST Glucose Control®, BOOST® High Protein, BOOST Plus®	8 fl oz		4		6
BOOST® Kid Essentials™	8 fl oz		4		6
Carnation Breakfast Essentials® Ready-to-Drink	8 fl oz		4		6
RESOURCE® 2.0	8 fl oz		4		6
2% Milk	8 fl oz		3-4		5-6
POWDERED MIX					
BOOST® High Protein Powder Drink Mix (prepared with 8 fl oz 2% milk)	9 fl oz (prepared)		3-4		5-6
Carnation Breakfast Essentials® Powder (prepared with 8 fl oz skim milk)	9 fl oz (prepared)		3-4		5-6

### Recommended Mixing Procedure

1. Place recommended amount of RESOURCE® ThickenUp® Clear powder into a 12 fl oz or larger glass or container.
2. Pour half the beverage over powder in glass and stir briskly for 5-10 seconds.
3. Add remaining amount of beverage to glass and stir until dissolved, about 20-30 seconds. Make sure to reach bottom of container while stirring in order to assure beverage is adequately blended.
4. **Let stand for at least 15 minutes to allow beverage to reach the appropriate consistency.**
5. Stir well and serve immediately. If not served immediately, stir again before serving.

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.

**NOTE:** Blending will cause the thickened supplement to become foamy in texture.

Suitable for use with the IDSSI framework.

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

### Alternate Mixing Procedures

#### Shaker Method

1. Measure appropriate amount of ThickenUp® Clear powder into a 12 fl oz or larger shaker container with tight fitting lid.
2. Pour the supplement into the container; cover tightly and shake for 10-20 seconds.
3. **Let stand for at least 15 minutes to allow beverage to reach the appropriate consistency.**
4. Stir and serve immediately. If not served immediately, stir again before serving.

**NOTE:** Shaking will cause the thickened supplement to become foamy in texture.

#### Blender Method

1. Pour supplement into the blender container and add appropriate amount of RESOURCE® ThickenUp® Clear powder.
2. Cover and blend for 10-20 seconds; portion into a glass.
3. **Let stand for at least 15 minutes to allow beverage to reach the appropriate consistency.**
4. Stir and serve immediately. If not served immediately, stir again before serving.