



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)



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









Pour liquid over the powder.



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	⅔ 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 ThickenUP[®] Clear.

Suitable for use with the IDSSI framework.

*The International Dysphagia Diet Standardization Initiative 2019 <http://iddsi.org/framework>

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