



# Preparation Guide



RESOURCE® THICKENUP® Clear 1.2g sachets –  
new label from start of 2020.



# IDDSI Framework

The International Dysphagia Diet Standardisation Initiative (IDDSI) framework is a global initiative, formed by a range of experts with the goal to develop global standardised terminology and descriptors to describe texture modified foods and thickened fluids, and improving the safety of patients with dysphagia. The framework is a continuum of eight levels (0–7), which are identified by numbers, text labels and colour codes. IDDSI provides descriptors and testing methods for each level. For details, visit [www.iddsi.org](http://www.iddsi.org)



In Australia, the IDDSI framework has replaced the Australian Standards for Texture Modified Foods and Fluids.

This guide has been developed according to the IDDSI framework for Drinks Level 1–4.

Australian Standards	IDDSI Framework
Level 900 – Extremely Thick	Level 4 – Extremely Thick
Level 400 – Moderately Thick	Level 3 – Moderately Thick
Level 150 – Mildly Thick	Level 2 – Mildly Thick
	Level 1 – Slightly Thick

The recipes provided in this resource are intended as a guide only. It is the responsibility of the person administering RESOURCE® THICKENUP® Clear to ensure that the liquid is mixed to the appropriate consistency.

Recipes have been developed to assist in accurate preparation of thickened fluids, however the end texture should always be assessed according to the IDDSI framework.

Results are intended as a guide only and product suitability should be determined at the discretion of the healthcare professional.

# Measurements

<b>1 Blue Scoop* = 1.2g</b>	10 Blue Scoops = 12g <b>OR</b> 1 Bulk Scoop	<b>1 Bulk Scoop = 12g</b>	<b>Nested Scoops</b>	<b>Level 2</b> 1 Pink Scoop = 2.4g
	20 Blue Scoops = 24g (½ metric cup) <b>OR</b> 2 Bulk Scoops			<b>Level 3</b> 1 Yellow Scoop = 4.8g
	30 Blue Scoops = 36g (¾ metric cup) <b>OR</b> 3 Bulk Scoops			<b>Level 4</b> 1 Green Scoop = 7.2g

\*1 Blue Scoop (1.2g) = 1 RESOURCE® THICKENUP® Clear stick sachet.

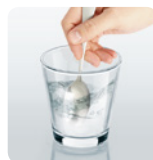
## For Basic Liquids<sup>^</sup>



Place required amount of RESOURCE® THICKENUP® Clear powder into a clean, dry glass or jug.



Pour **prepared** liquid over powder.



Stir for 20-30 seconds until the powder has completely dissolved.



Leave to **stand for 1 minute** before serving.

	IDDSI Framework			
Water, Juice, Cordial, Tea, Coffee <sup>^</sup>	Level 1 Slightly Thick	Level 2 Mildly Thick	Level 3 Moderately Thick	Level 4 Extremely Thick
200mL Liquid (Blue Scoop)	<b>1</b> Blue Scoop	<b>2</b> Blue Scoops	<b>4</b> Blue Scoops	<b>6</b> Blue Scoops <sup>†</sup>
200mL Liquid (Nested Scoops)	–	<b>1</b> Pink Scoop	<b>1</b> Yellow Scoop	<b>1</b> Green Scoop <sup>†</sup>
Water, Juice, Cordial <sup>^</sup>				
1 Litre Liquid (Blue Scoop)	<b>5</b> Blue Scoops	<b>10</b> Blue Scoops	<b>20</b> Blue Scoops	<b>30</b> Blue Scoops <sup>†</sup>
1 Litre Liquid (Bulk Scoop)	–	<b>1</b> Bulk Scoop	<b>2</b> Bulk Scoops	<b>3</b> Bulk Scoops <sup>†</sup>

<sup>^</sup>Refer to a healthcare professional when mixing protein or citric acid containing liquids (e.g. milk, oral nutritional supplements, juice, carbonated and alcoholic beverages). These liquids behave uniquely when mixed with RESOURCE® THICKENUP® Clear.

<sup>†</sup>Level 4 Extremely Thick liquids are evaluated as IDDSI compliant based on Spoon Tilt Test.

# For Milk



Place required amount of RESOURCE® THICKENUP® Clear powder into a clean, dry glass or jug.



Add just enough milk to cover powder (~50mL).



Stir for 20-30 seconds or until mixture starts to thicken.



Pour remaining milk into glass. **Wait 15 minutes** then stir and serve immediately.

	IDDSI Framework			
	Level 1 Slightly Thick	Level 2 Mildly Thick	Level 3 Moderately Thick	Level 4 Extremely Thick
200mL <b>Light Milk</b> <sup>†</sup>	1 Blue Scoop	2 Blue Scoops	4 Blue Scoops	8 Blue Scoops <sup>†</sup>
1 Litre <b>Light Milk</b> <sup>†</sup>	5 Blue Scoops	10 Blue Scoops	20 Blue Scoops	24 Blue Scoops <sup>†</sup>
200mL <b>Full Cream Milk</b> <sup>‡</sup>	1 Blue Scoop	2 Blue Scoops	4 Blue Scoops	8 Blue Scoops <sup>†</sup>
1 Litre <b>Full Cream Milk</b> <sup>‡</sup>	4 Blue Scoops	11 Blue Scoops	20 Blue Scoops	25 Blue Scoops <sup>†</sup>

**Please note:** The protein and fat content of milk will vary greatly. Discretion from a healthcare professional must be used when thickening milk to ensure it reaches the correct consistency.

<sup>†</sup>Recipe based on light milk (fat content 1.0g per 100mL).

<sup>‡</sup>Recipe based on full cream milk (fat content 3.4g per 100mL).

<sup>†</sup>Level 4 Extremely Thick liquids are evaluated as IDDSI compliant based on Spoon Tilt Test.

## For MILO®

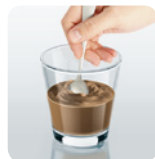
Prepare 200mL of MILO® as per instructions on can<sup>§</sup>, then follow the directions below:



Place required amount of RESOURCE® THICKENUP® Clear powder into a separate, clean, dry glass.



Add just enough of the prepared MILO® liquid to cover powder (~50mL).



Stir for 10-20 seconds or until mixture starts to thicken.



Pour remaining MILO® liquid into glass. **Wait 10 minutes** then stir and serve immediately.

	IDDSI Framework			
	Level 1 Slightly Thick	Level 2 Mildly Thick	Level 3 Moderately Thick	Level 4 Extremely Thick
MILO® mixed with Reduced Fat Milk				
200mL warm MILO®	1 Blue Scoop	2 Blue Scoops	3 Blue Scoops	6 Blue Scoops <sup>†</sup>
200mL cold MILO®	1 Blue Scoop	2 Blue Scoops	3 Blue Scoops	7 Blue Scoops <sup>†</sup>

<sup>§</sup>3 heaped teaspoons of MILO® into 200mL of reduced fat milk.

<sup>†</sup>Level 4 Extremely Thick liquids are evaluated as IDDSI compliant based on Spoon Tilt Test.

## For SUSTAGEN® Hospital Formula Active (Vanilla or Chocolate Flavour)

Prepare 200mL of SUSTAGEN® Hospital Formula Active as per instructions on can<sup>\*\*</sup>, then follow the directions below:



Place required amount of RESOURCE® THICKENUP® Clear powder into a separate, clean, dry glass or jug.



Add just enough of the prepared SUSTAGEN® Hospital Formula Active liquid to cover powder (~50mL).



Stir for 10-20 seconds or until mixture starts to thicken.



Pour remaining SUSTAGEN® Hospital Formula Active liquid into glass. **Wait 5-10 minutes** then stir and serve immediately.

	IDDSI Framework			
	Level 1 Slightly Thick	Level 2 Mildly Thick	Level 3 Moderately Thick	Level 4 Extremely Thick
SUSTAGEN® Hospital Formula Active mixed with Reduced or Full Cream Milk				
200mL	1 Blue Scoop	2 Blue Scoops	3 Blue Scoops	5 Blue Scoops <sup>†</sup>
1 Litre	6 Blue Scoops	10 Blue Scoops	14 Blue Scoops	25 Blue Scoops <sup>†</sup>

<sup>\*\*</sup>Mix 3 level scoops (1 x scoop of SUSTAGEN® = 20g) with milk. Use only enclosed scoop.

<sup>†</sup>Level 4 Extremely Thick liquids are evaluated as IDDSI compliant based on Spoon Tilt Test.

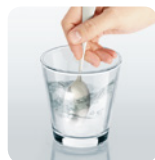
Prepare MOVICOL® as per instructions on pack<sup>†</sup>, then follow the directions below:



Place required amount of RESOURCE® THICKENUP® Clear powder into a separate, clean, dry glass.



Add just enough of the prepared MOVICOL® solution to cover powder (~50mL).



Stir for 10-20 seconds or until mixture starts to thicken.



Pour remaining MOVICOL® solution into glass. **Wait 5-10 minutes** then stir and serve immediately.

IDDSI Framework				
MOVICOL® mixed with water	Level 1 Slightly Thick	Level 2 Mildly Thick	Level 3 Moderately Thick	Level 4 Extremely Thick
125mL	Not applicable <sup>^^</sup>	1 Blue Scoop	2 Blue Scoops	5 Blue Scoops <sup>†</sup>

<sup>†</sup>1 sachet of MOVICOL® in 125mL of water. MOVICOL® Liquid Orange Concentrate can also be thickened once 25mL of concentrate is diluted to 125mL with water.

<sup>^^</sup>If level 1 is required contact your healthcare professional for guidance.

<sup>†</sup>Level 4 Extremely Thick liquids are evaluated as IDDSI compliant based on Spoon Tilt Test.

## For Carbonated Drinks



Place required amount of RESOURCE® THICKENUP® Clear powder into a clean, dry glass.



Pour just enough liquid down the side of the glass to cover powder (~50mL).



Stir for 10-20 seconds until no longer effervescent.



Gradually add remaining liquid, stirring well between additions. **Wait 5 minutes** then stir and serve immediately.

IDDSI Framework				
Lemonade <sup>†</sup>	Level 1 Slightly Thick	Level 2 Mildly Thick	Level 3 Moderately Thick	Level 4 Extremely Thick
200mL	1 Blue Scoop	2 Blue Scoops	3 Blue Scoops	6 Blue Scoops <sup>†</sup>

**Please note:** Carbonated drinks produce a big 'head' of bubbles (like a head of beer). Add small amounts of carbonated drink gradually to prevent the thickened carbonated drink from overflowing from the cup.

<sup>†</sup>Level 4 Extremely Thick liquids are evaluated as IDDSI compliant based on Spoon Tilt Test.

<sup>†</sup>Recipe developed for lemonade, other carbonated drinks may vary. Please consult a healthcare professional for guidance.

## For Alcoholic Drinks – Beer (150mL) Chilled

Please Drink Responsibly.



Place required amount of **RESOURCE® THICKENUP®** Clear powder into a clean, dry glass and mix it with ½ teaspoon of sugar.



Open bottle and wait until flat. Pour just enough beer down the side of the glass to cover powder (~50mL).



Stir for 10-20 seconds or until mixture starts to thicken.



Gradually add remaining beer, stirring well between additions. **Wait 5 minutes** then stir and serve immediately.

Beer (Chilled)	IDDSI Framework			
	Level 1 Slightly Thick	Level 2 Mildly Thick	Level 3 Moderately Thick	Level 4 Extremely Thick
150mL	–	1 Blue Scoop	2 Blue Scoops	4 Blue Scoops <sup>†</sup>

**Please note:** Beer produces a big 'head' of bubbles. Wait a minute or two before adding small amounts of beer down the side of the glass to complete mixing. At Level 4 – it will still 'look foamy', but this is the effect of the thickener.

<sup>†</sup>Level 4 Extremely Thick liquids are evaluated as IDDSI compliant based on Spoon Tilt Test. Mild variations in the recipes may be seen with different types of alcoholic beverages. Please adjust accordingly.

## For Alcoholic Drinks – Wine (150mL)

Please Drink Responsibly.



Place required amount of **RESOURCE® THICKENUP®** Clear powder into a clean, dry glass.



Add just enough wine to cover powder (~50mL).



Stir for 10-20 seconds or until mixture starts to thicken.



Gradually add remaining wine, stirring well between additions. **Wait 5 minutes** then stir and serve immediately.

Wine	IDDSI Framework			
	Level 1 Slightly Thick	Level 2 Mildly Thick	Level 3 Moderately Thick	Level 4 Extremely Thick
150mL <b>Red Wine</b> (Room temp.)	–	2 Blue Scoops	3 Blue Scoops	4 Blue Scoops <sup>†</sup>
150mL <b>White Wine</b> (Chilled)	1 Blue Scoop	2 Blue Scoops	3 Blue Scoops	4 Blue Scoops <sup>†</sup>

**Please note:** Best consumed immediately. Level 2 is stable over time. Levels 3 and 4 will continue to thicken if left to stand.

<sup>†</sup>Level 4 Extremely Thick liquids are evaluated as IDDSI compliant based on Spoon Tilt Test. Mild variations in the recipes may be seen with different types of alcoholic beverages. Please adjust accordingly.

**RESOURCE® THICKENUP® Clear can be purchased from the following distributors:**

NATIONAL	PHONE
Symbion	1300 773 000
CH2 Hospital	1300 720 274
CH2 Aged Care National Customer Service	1300 242 243
Bidfood	02 9571 8666
Brightsky	1300 886 601
Bunzl	03 8766 4400
EBOS Healthcare	03 9918 5555
Independence Australia	1300 704 456
STATE BASED	PHONE
<b>Victoria</b>	
Gildana Health Care	03 8574 1555
AIMS Medical Supplies	1300 731 530
Day & Night Healthcare	03 9761 4226
<b>New South Wales</b>	
Epic Wright Heaton Food Services	02 9503 3333
<b>Queensland</b>	
SSS Australia	1800 777 518
NAQ Nutrition	07 3257 4393
<b>South Australia</b>	
Atlas McNeil Healthcare	1300 741 085
<b>Western Australia</b>	
Surgical House	08 9381 4199
MedSales (previously Westcoast Medical & Surgical Supplies)	08 9361 0843
NEW ZEALAND	PHONE
Motherbase Health Limited	0508 62432584



RESOURCE® THICKENUP® Clear 1.2g sachets – new label from start of 2020.

Product	Presentation	Units Per Case	Product Code
RESOURCE® THICKENUP® Clear	900g can	6 x 900g	12114005
RESOURCE® THICKENUP® Clear	125g can	12 x 125g	12132987
RESOURCE® THICKENUP® Clear	1.2g sachet	12 x 24 x 1.2g	12151076

RESOURCE® THICKENUP® Clear is a food for special medical purposes for the dietary management of people with swallowing difficulties. Must be used under medical supervision.

Nutritional supplements can only be of assistance where dietary intake is inadequate. Please seek advice on your individual dietary needs from an Accredited Practising Dietitian or your healthcare professional. SUSTAGEN® Hospital Formula Active is a formulated meal replacement and cannot be used as a total diet replacement. Consume as part of a varied and balanced diet and healthy lifestyle.

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For more information call **1800 671 628**  
or visit [www.nestlehealthscience.com.au](http://www.nestlehealthscience.com.au)

