

Preparation Guide

Measurements

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

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

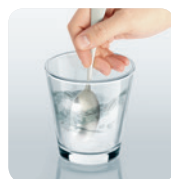
For Basic Liquids[^]



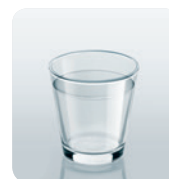
Place required amount of RESOURCE® THICKENUP® Clear powder into a clean, dry glass or jug.



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 [^]	Level 1 Slightly Thick	Level 2 Mildly Thick	Level 3 Moderately Thick	Level 4 Extremely Thick [†]
200mL Liquid (Blue Scoop)	1 Blue Scoop	2 Blue Scoops	4 Blue Scoops	6 Blue Scoops
200mL Liquid (Nested Scoops)	–	1 Pink Scoop	1 Yellow Scoop	1 Green Scoop
Water, Juice, Cordial [^]				
1 Litre Liquid (Blue Scoop)	5 Blue Scoops	10 Blue Scoops	20 Blue Scoops	30 Blue Scoops
1 Litre Liquid (Bulk Scoop)	–	1 Bulk Scoop	2 Bulk Scoops	3 Bulk Scoops

[^]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.

[†]Level 4 Extremely Thick liquids are evaluated as IDDSI compliant based on Spoon Tilt Test.

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.

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For more information call 1800 671 628 or visit www.nestlehealthscience.com.au



resource®
ThickenUP
clear

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

IDDSI Framework



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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