

Preparation Guide



Measurements

1 Blue Scoop = 1.2g	1 Bulk Scoop = 12g
	

Nested Scoops 	Level 2 1 Pink Scoop = 2.4g
	Level 3 1 Yellow Scoop = 4.8g
	Level 4 1 Green Scoop = 7.2g

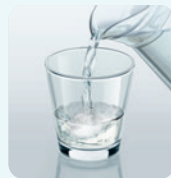
Scan the QR code to watch THICKENUP® Clear thickening demonstration video.



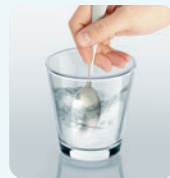
For Basic Liquids[^]



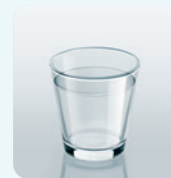
Place required amount of THICKENUP® Clear powder into a clean, dry glass or jug.



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			
	Level 1 Slightly Thick	Level 2 Mildly Thick	Level 3 Moderately Thick	Level 4 Extremely Thick
Water, Juice, Cordial[^]				
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 [†]

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

For Tea or Coffee[^]



Make the desired beverage (tea/coffee) including milk, any sugar/ sweetener as you normally would.



In a separate clean, dry, empty cup, place required amount of THICKENUP® Clear powder and pour the beverage on top of the powder.



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



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

	IDDSI Framework			
	Level 1 Slightly Thick	Level 2 Mildly Thick	Level 3 Moderately Thick	Level 4 Extremely Thick
Tea or Coffee[^]				
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 [†]

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

[^]Discretion from a healthcare professional must be used when thickening protein or citric acid containing liquids (e.g. milk, oral nutritional supplements, juice, carbonated and alcoholic beverages) to ensure it reaches the correct consistency. These liquids behave uniquely when mixed with THICKENUP® Clear.

For Milk[^]



Place required amount of 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 Light Milk [‡]	1 Blue Scoop	2 Blue Scoops	4 Blue Scoops	8 Blue Scoops [†]
1 Litre Light Milk [‡]	5 Blue Scoops	10 Blue Scoops	20 Blue Scoops	24 Blue Scoops [†]
200mL Full Cream Milk [#]	1 Blue Scoop	2 Blue Scoops	4 Blue Scoops	8 Blue Scoops [†]
1 Litre Full Cream Milk [#]	4 Blue Scoops	11 Blue Scoops	20 Blue Scoops	25 Blue Scoops [†]

[‡]Recipe based on light milk (fat content 1.0g per 100mL).

[#]Recipe based on full cream milk (fat content 3.4g per 100mL).

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

For MILO[®][^]

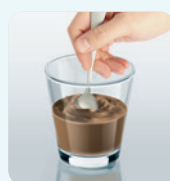
Prepare 200mL of MILO[®] as per instructions on can[§], then follow the directions below:



Place required amount of 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 [†]
200mL cold MILO [®]	1 Blue Scoop	2 Blue Scoops	3 Blue Scoops	7 Blue Scoops [†]

[§]3 heaped teaspoons of MILO[®] into 200mL of reduced fat milk.

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

For SUSTAGEN[®] Hospital Formula (all flavours)

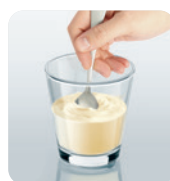
Prepare 200mL of SUSTAGEN[®] Hospital Formula as per instructions on can^{**}, then follow the directions below:



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



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



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



Pour remaining SUSTAGEN[®] Hospital Formula 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 mixed with Reduced or Full Cream Milk				
200mL	1 Blue Scoop	2 Blue Scoops	3 Blue Scoops	5 Blue Scoops [†]
1 Litre	6 Blue Scoops	10 Blue Scoops	14 Blue Scoops	25 Blue Scoops [†]

[^]Discretion from a healthcare professional must be used when thickening protein or citric acid containing liquids (e.g. milk, oral nutritional supplements, juice, carbonated and alcoholic beverages) to ensure it reaches the correct consistency. These liquids behave uniquely when mixed with THICKENUP[®] Clear.

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

MILO[®] and milk is a nutritious supplement for use when energy and nutrient intakes may not meet individual needs.

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 is a formulated meal replacement and cannot be used as total diet replacement. Consume as part of a varied and balanced diet and healthy lifestyle.

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For Alcoholic Drinks – Beer (150mL) Chilled[^]

Please Drink Responsibly.



Place required amount of 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.

IDDSI Framework

	Level 1 Slightly Thick	Level 2 Mildly Thick	Level 3 Moderately Thick	Level 4 Extremely Thick
Beer [^] (Chilled)				
150mL	–	1 Blue Scoop	2 Blue Scoops	4 Blue Scoops [†]

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.

[†]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 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.

IDDSI Framework

	Level 1 Slightly Thick	Level 2 Mildly Thick	Level 3 Moderately Thick	Level 4 Extremely Thick
Wine [^]				
150mL Red Wine (Room temp.)	–	2 Blue Scoops	3 Blue Scoops	4 Blue Scoops [†]
150mL White Wine (Chilled)	1 Blue Scoop	2 Blue Scoops	3 Blue Scoops	4 Blue Scoops [†]

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

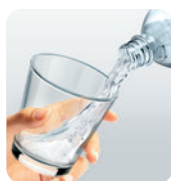
[†]Level 4 Extremely Thick liquids are evaluated as IDDSI compliant based on Spoon Tilt Test.

Mild variations in the recipes may be seen with different types of alcoholic beverages. Please adjust accordingly.

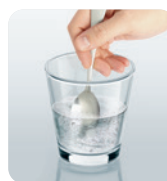
For Carbonated Drinks[^]



Place required amount of 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

	Level 1 Slightly Thick	Level 2 Mildly Thick	Level 3 Moderately Thick	Level 4 Extremely Thick
Lemonade ^{*^}				
200mL	1 Blue Scoop	2 Blue Scoops	3 Blue Scoops	6 Blue Scoops [†]

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.

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

*Recipe developed for lemonade, other carbonated drinks may vary. Please consult a healthcare professional for guidance.

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