

# Thick & Easy™ Clear

## Mixing instructions



**Step 1.**  
Add level measured scoop(s) of thickener into empty, dry glass.



**Step 2.**  
Measure the desired amount of liquid.



**Step 3.**  
Add liquid quickly while stirring briskly with a whisk or fork, until dissolved.

IDDSI Level	Volume of liquid	Scoops**
① SLIGHTLY THICK	200 ml	1
② MILDLY THICK	200 ml	2
③ MODERATELY THICK	200 ml	3
④ EXTREMELY THICK	200 ml	6

\*Scoop size = 1.4g. \*\*Based on water.

### How to use Thick & Easy Clear

Thick & Easy Clear can be added to all hot and cold liquids and oral nutritional supplements.

#### Thickening larger quantities:

Thick & Easy Clear can be mixed into liquids using a food processor. All drinks can be prepared in advance and refrigerated until required.<sup>1</sup>

To aid palatability, you may need to prepare drinks weaker than normal, and some drinks may take longer to reach the consistency. For example, milky drinks: add recommended scoops of Thick & Easy Clear into a dry cup, pour in the milk and whisk briskly for 30 seconds, then leave to stand for 5 minutes.

Thick & Easy Clear can be used to thicken fruit juice, coffee, tea, alcoholic drinks, meat stock or any other liquid.

#### Reference

1. <http://dysphagia.org.uk/dysphagia-thick-easy-clear/> Date accessed: November 2017

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