

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!

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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