

# ThickenUP<sup>®</sup> clear

## Mixing Chart

Amount of ThickenUp<sup>®</sup> Clear (ml or g of powder) for desired consistency (WATER, JUICE, COFFEE, TEA, CARBONATED BEVERAGES, MILK)

VOLUME OF LIQUID PER SERVING	2 MILDLY THICK* (Nectar-like) <sup>†</sup>	3 MODERATELY THICK* (Honey-like) <sup>†</sup>	4 EXTREMELY THICK* (Pudding/spoon-thick) <sup>†</sup>
125 ml	1 scoop (4 ml, 1.4 g)	2 scoops (8 ml, 2.8 g)	3-3.5 scoops (12-14 ml, 4.2-4.9 g)
250 ml	2 scoops (8 ml, 2.8 g)	4 scoops (16 ml, 5.6 g)	6-7 scoops (24-28 ml, 8.4g-9.8 g)
1000 ml	8 scoops (32 ml, 11.2 g)	16 scoops (64 ml, 22.4 g)	24-28 scoops (96-112 ml, 33.6-39.2 g)

### INDIVIDUAL SERVE

1. Pour measured amount of hot or cold liquid into a cup.
2. Add appropriate quantity of ThickenUp<sup>®</sup> Clear powder to hot or cold liquid.
3. Stir briskly with a spoon for 20-30 seconds until powder is well dissolved.
4. Allow 1-5 minutes for clear liquid to reach desired consistency. Allow a minimum of 15 minutes for milk and oral nutrition supplements.
5. Ready to serve.

### BULK

#### WIRE WHISK

1. Pour measured amount of liquid into container.
2. Measure appropriate quantity of powder and add to hot or cold liquid.
3. Mix with wire whisk for 30 seconds.
4. **Milk and oral nutrition supplements:** Allow a minimum of 15 minutes to reach desired viscosity.  
**Clear Fluids:** Allow 5 minutes to reach desired viscosity.
5. Ready to serve.

#### BLENDER

1. Pour measured amount of liquid into blender.
2. Measure appropriate quantity of powder and add to hot or cold liquid.
3. Blend for 30 seconds.
4. **Milk and oral nutrition supplements:** Allow a minimum of 15 minutes to reach desired consistency.  
**Clear Fluids:** Allow 5 minutes to reach desired viscosity.
5. Ready to serve.

#### IMMERSION BLENDER

1. Pour measured amount of liquid into container.
2. Measure appropriate quantity of powder and add to hot or cold liquid.
3. Blend for 30 seconds.
4. **Milk and oral nutrition supplements:** Allow a minimum of 15 minutes to reach desired consistency.  
**Clear Fluids:** Allow 5 minutes to reach desired viscosity.
5. Ready to serve.

### NOTES

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**NOTE:** All 1 L recipes are scalable for larger bulk quantities. If product is fresh, clean food handling techniques are used in preparation, and the product is stored appropriately in the refrigerator after preparation (at 2-4 degrees Celsius or below), a suggested refrigerated shelf life for a product with ThickenUp<sup>®</sup> Clear added is 24 hours.

ThickenUp<sup>®</sup> Clear is only appropriate for use in individuals greater than 3 years old.

Measured amounts of thickener may vary according to liquid used. Use this chart as a guideline for developing recipes suitable for your facility.

\*Refer to [www.IDDSI.org](http://www.IDDSI.org) for thickness testing methods. <sup>†</sup>National Dysphagia Diet Task Force. American Dietetic Association. 2002  
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