

# Making thickened drinks using Thick & Easy™ CLEAR



It is essential that you **ADD THE POWDER FIRST** to a DRY CUP before adding the liquid. Wait for 3 MINUTES for the drink to reach consistency

1. Add level scoop(s) of Thick & Easy™ CLEAR into an empty, dry glass
2. Measure amount of desired liquid
3. Add 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.

If you have any concerns on mixing drinks or if the patient requires thickener, please contact the Speech and Language Therapy team

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