

ThickenUP[®] clear

Oral Nutrition Supplements Preparation Guide



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

Contents

| | | |
|--|---------|----|
| IDDSI Framework | | 3 |
| Oral Nutritional Supplements | | 4 |
| Measurements | | 6 |
| RESOURCE® Protein | 200mL | 7 |
| RESOURCE® Plus | 237mL | 8 |
| RESOURCE® 2.0 | 237mL | 9 |
| RESOURCE® 2.0 + Fibre | 200mL | 10 |
| NOVASOURCE® Renal | 200mL | 11 |
| NUTREN® Diabetes | | |
| Mixed with water | 210mL | 12 |
| NUTREN® Diabetes Ready to Drink | 200mL | 13 |
| ISOSOURCE® 1.5 CAL | 250mL | 14 |
| ARGINAID® | | |
| Mixed with water | 200mL | 15 |
| SUSTAGEN® Ready to Drink | 250mL | 16 |
| SUSTAGEN® Everyday | | |
| Mixed with reduced fat milk | 150mL | 17 |
| SUSTAGEN® Hospital Formula | | |
| Mixed with water | 200mL | 18 |
| Mixed with water | 1 Litre | 19 |
| Mixed with reduced or full cream milk | 200mL | 20 |
| Mixed with reduced or full cream milk | 1 Litre | 21 |
| THICKENUP® Clear | | |
| Nutrition Information and Ordering Information | | 22 |

PLEASE NOTE: Clear oral nutritional products including ARGINAID® Extra, RESOURCE® Fruit Flavoured Beverage and RESOURCE® ULTRA Clear Fruit Flavoured Beverage are unable to be thickened.

IDDSI Framework

The International Dysphagia Diet Standardisation Initiative (IDDSI) framework is a global initiative, formed by a range of experts with the goal to develop global standardised terminology and descriptors to describe texture modified foods and thickened fluids, and improving the safety of patients with dysphagia.

The framework is a continuum of eight levels (0–7), which are identified by numbers, text labels and colour codes. IDDSI provides descriptors and testing methods for each level. For details, visit www.iddsi.org



© The International Dysphagia Diet Standardisation Initiative 2016
@<https://iddsi.org/framework/>

Oral Nutritional Supplements

Natural IDDSI levels of Nestlé Health Science oral nutritional supplements tested at room temperature (20-22°C). Some variation may occur in colder or warmer climates.

| | | | | | |
|---|--------------------|---|--------------------|--|--------------------|
|  | |  | |  | |
| RESOURCE® Fruit Flavoured Beverage | | RESOURCE® Protein | | RESOURCE® Plus | |
| Flavour | IDDSI Level | Flavour | IDDSI Level | Flavour | IDDSI Level |
| <ul style="list-style-type: none"> • Orange* • Peach* • Wildberry* | 0 | <ul style="list-style-type: none"> • Vanilla • Coffee • Forest Fruits | 1 | <ul style="list-style-type: none"> • Vanilla • Chocolate • Strawberry | 0 |
| | | <ul style="list-style-type: none"> • Chocolate | 2 | | |
|  | |  | |  | |
| RESOURCE® 2.0 | | RESOURCE® 2.0 + Fibre | | RESOURCE® ULTRA Clear Fruit Flavoured Beverage | |
| Flavour | IDDSI Level | Flavour | IDDSI Level | Flavour | IDDSI Level |
| <ul style="list-style-type: none"> • Vanilla • Mocha | 1 | <ul style="list-style-type: none"> • Vanilla • Neutral • Strawberry • Apricot • Coffee | 1 | <ul style="list-style-type: none"> • Apple* • Orange* | 0 |
|  | |  | |  | |
| RESOURCE® ULTRA | | NOVASOURCE® Renal | | NUTREN® Diabetes Ready to Drink | |
| Flavour | IDDSI Level | Flavour | IDDSI Level | Flavour | IDDSI Level |
| <ul style="list-style-type: none"> • Strawberry | 2 | <ul style="list-style-type: none"> • Vanilla | 2 | <ul style="list-style-type: none"> • Vanilla | 1 |

| | | | | | |
|---|-------------|---|-------------|---|-------------|
|  | |  | |  | |
| ARGINAID® Extra | | SUSTAGEN® Ready to Drink | | ISOSOURCE® 1.5 CAL | |
| Flavour | IDDSI Level | Flavour | IDDSI Level | Flavour | IDDSI Level |
| • Orange Burst* | 0 | • Vanilla • Dutch Chocolate | 0 | • Unflavoured | 1 |

| | | | |
|---|-------------|--|-------------|
|  | |  | |
| RESOURCE® Dessert 2.0 | | RESOURCE® Cereal | |
| Flavour | IDDSI Level | Flavour | IDDSI Level |
| • Vanilla | 3 | • Apple Hazelnut | 4 |



*Unable to be thickened.

IDDSI levels were evaluated in 2022 in accordance with the International Dysphagia Diet Standardisation Initiative (IDDSI) framework methodology (www.iddsi.org). Nestlé Health Science oral nutrition supplements have not been designed for dysphagia and levels may vary between batches and climate. Results are intended as a guide only and product suitability should be determined at the discretion of the healthcare professional.

Measurements



The “scoop” referred to in this Oral Nutrition Supplements Preparation Guide is the transparent scoop provided in the THICKENUP® Clear packaging (125g and 900g only).

| 1 Transparent Scoop [†] = 1.2g | 1 Bulk Scoop = 12g |
|---|---|
|  |  |
| 10 Transparent Scoops = 12g | OR 1 Bulk Scoop |
| 20 Transparent Scoops = 24g | OR 2 Bulk Scoops |
| 30 Transparent Scoops = 36g | OR 3 Bulk Scoops |

[†]1 Transparent Scoop (1.2g) = 1 THICKENUP® Clear stick sachet.

The recipes provided in this resource are intended as a guide only. It is the responsibility of the person administering THICKENUP® Clear to ensure that the liquid is mixed to the appropriate consistency. Recipes have been developed to assist in accurate preparation of thickened fluids, however the end texture should always be assessed according to the IDDSI framework on page 3.

Where we have referred to the product as ‘Ready to drink’, IDDSI levels were independently evaluated in 2019 by The University of Queensland, School of Agriculture & Food Science in accordance with the IDDSI framework methodology. Results are intended as a guide only and product suitability should be determined at the discretion of the healthcare professional.

RESOURCE[®] Protein

200mL



1. You will need 1 x 300mL capacity cup.
2. Place required number of THICKENUP[®] Clear scoops into a clean, dry cup.
3. Add just enough RESOURCE[®] Protein liquid to cover powder in cup (~50mL) and stir for 10-20 seconds or until mixture starts to thicken.
4. Gradually add the remaining RESOURCE[®] Protein liquid to the cup, stirring well between additions.
5. Wait 5 minutes (10 minutes for Level 4), then stir and serve immediately.

Made at room temperature (22°C). Some variation may occur in colder or warmer climates.

| IDDSI Framework | | |
|---|-------------------------------|--------------------------------|
| Level 1 Slightly Thick | Level 2 Mildly Thick | Level 3 Moderately Thick |
| Vanilla, Forest Fruits and Coffee flavours | | |
| Ready to drink [†] | 1 Transparent Scoop | 3 Transparent Scoops |
| Chocolate flavour | | |
| N/A | Ready to drink [†] | 2 Transparent Scoops |
| Wait 5 minutes, then stir and serve immediately. | | |

| IDDSI Framework |
|--|
| Level 4 Extremely Thick |
| Vanilla, Forest Fruits, Coffee and Chocolate flavours |
| 8 Transparent Scoops |
| Wait 10 minutes, then stir and serve immediately. Level 4 Extremely Thick liquids are evaluated as IDDSI compliant based on Spoon/Fork Test. |

[†]Ready to drink levels are evaluated as IDDSI compliant at room temperature (22°C). Some variation may occur in colder or warmer climates.

RESOURCE® Plus

237mL



1. You will need 1 x 300mL capacity cup.
2. Place required number of THICKENUP® Clear scoops into a clean, dry cup.
3. Add just enough RESOURCE® Plus liquid to cover powder in cup (~50mL) and stir for 10-20 seconds or until mixture starts to thicken.
4. Gradually add the remaining RESOURCE® Plus liquid to the cup, stirring well between additions.
5. Wait 5 minutes (10 minutes for Level 4), then stir and serve immediately.

Made at room temperature (22°C). Some variation may occur in colder or warmer climates.

| IDDSI Framework | | |
|---|--------------------------------|--------------------------------|
| Level 1 Slightly Thick | Level 2 Mildly Thick | Level 3 Moderately Thick |
| Vanilla and Strawberry flavours | | |
| 1 Transparent Scoop | 2 Transparent Scoops | 4 Transparent Scoops |
| Chocolate flavour | | |
| N/A | 2 Transparent Scoops | 4 Transparent Scoops |
| Wait 5 minutes, then stir and serve immediately. | | |

| IDDSI Framework |
|--|
| Level 4 Extremely Thick |
| Vanilla, Strawberry and Chocolate flavours |
| 9 Transparent Scoops |
| Wait 10 minutes, then stir and serve immediately. Level 4 Extremely Thick liquids are evaluated as IDDSI compliant based on Spoon/Fork Test. |

RESOURCE[®]

2.0

237mL



1. You will need 1 x 300mL capacity cup.
2. Place required number of THICKENUP[®] Clear scoops into a clean, dry cup.
3. Add just enough RESOURCE[®] 2.0 liquid to cover powder in cup (~50mL) and stir for 10-20 seconds or until mixture starts to thicken.
4. Gradually add the remaining RESOURCE[®] 2.0 liquid to the cup, stirring well between additions.
5. Wait 5 minutes (10 minutes for Level 4), then stir and serve immediately.

Made at room temperature (22°C). Some variation may occur in colder or warmer climates.

| IDDSI Framework | | |
|--|-------------------------|-----------------------------|
| Level 1 Slightly Thick | Level 2 Mildly Thick | Level 3 Moderately Thick |
| Vanilla and Mocha flavours | | |
| Ready to drink [‡] | 2 Transparent Scoops | 4 Transparent Scoops |
| Wait 5 minutes, then stir and serve immediately. | | |

| IDDSI Framework |
|--|
| Level 4 Extremely Thick |
| Vanilla and Mocha flavours |
| 9 Transparent Scoops |
| Wait 10 minutes, then stir and serve immediately. Level 4 Extremely Thick liquids are evaluated as IDDSI compliant based on Spoon/Fork Test. |

[‡]Ready to drink levels are evaluated as IDDSI compliant at room temperature (22°C). Some variation may occur in colder or warmer climates.

RESOURCE[®] 2.0 + Fibre

200mL



1. You will need 1 x 300mL capacity cup.
2. Place required number of THICKENUP[®] Clear scoops into a clean, dry cup.
3. Add just enough RESOURCE[®] 2.0 + Fibre liquid to cover powder in cup (~50mL) and stir for 10-20 seconds or until mixture starts to thicken.
4. Gradually add the remaining RESOURCE[®] 2.0 + Fibre liquid to the cup, stirring well between additions.
5. Wait 5 minutes (10 minutes for Level 4), then stir and serve immediately.

Made at room temperature (22°C). Some variation may occur in colder or warmer climates.

| IDDSI Framework | | |
|---|-------------------------------|--------------------------------|
| Level 1 Slightly Thick | Level 2 Mildly Thick | Level 3 Moderately Thick |
| Vanilla, Apricot, Strawberry and Coffee flavours | | |
| Ready to drink [‡] | 1 Transparent Scoop | 3 Transparent Scoops |
| Neutral flavour | | |
| N/A | Ready to drink [‡] | 3 Transparent Scoops |
| Wait 5 minutes, then stir and serve immediately. | | |

| IDDSI Framework |
|--|
| Level 4 Extremely Thick |
| Vanilla, Apricot, Strawberry, Coffee and Neutral flavours |
| 9 Transparent Scoops |
| Wait 10 minutes, then stir and serve immediately. Level 4 Extremely Thick liquids are evaluated as IDDSI compliant based on Spoon/Fork Test. |

[‡]Ready to drink levels are evaluated as IDDSI compliant at room temperature (22°C). Some variation may occur in colder or warmer climates.

NOVASOURCE[®]

Renal

200mL



1. You will need 1 x 300mL capacity cup.
2. Place required number of THICKENUP[®] Clear scoops into a clean, dry cup.
3. Add just enough NOVASOURCE[®] Renal liquid to cover powder in cup (~50mL) and stir for 10-20 seconds or until mixture starts to thicken.
4. Gradually add the remaining NOVASOURCE[®] Renal liquid to the cup, stirring well between additions.
5. Wait 5 minutes (10 minutes for Level 4), then stir and serve immediately.

Made at room temperature (22°C). Some variation may occur in colder or warmer climates.

| IDDSI Framework | | |
|--|-----------------------------|-----------------------------|
| Level 1 Slightly Thick | Level 2 Mildly Thick | Level 3 Moderately Thick |
| Vanilla flavour | | |
| N/A | Ready to drink [‡] | 2 Transparent Scoops |
| Wait 5 minutes, then stir and serve immediately. | | |

| IDDSI Framework |
|---|
| Level 4 Extremely Thick |
| Vanilla flavour |
| 7 Transparent Scoops |
| Wait 10 minutes, then stir and serve immediately. Level 4 Extremely Thick liquids are evaluated as IDDSI compliant based on Spoon/Fork Test. |

[‡]Ready to drink levels are evaluated as IDDSI compliant at room temperature (22°C). Some variation may occur in colder or warmer climates.

NUTREN® Diabetes

210mL

Mixed with water



1. You will need 2 x 300mL capacity cup.
2. Prepare 210mL of **NUTREN® Diabetes powder** as per the can instructions in cup 1.
3. Place required number of **THICKENUP® Clear** scoops into the second 300mL capacity cup. Ensuring the cup is clean and dry.
4. Add just enough of the **NUTREN® Diabetes** premade liquid to cover powder in cup (~50mL) and stir for 10-20 seconds or until mixture starts to thicken.
5. Gradually add the remaining **NUTREN® Diabetes** liquid to the cup, stirring well between additions.
6. **Wait 5 minutes (10 minutes for Level 4)**, then stir and serve immediately.

Made at room temperature (~22°C). Some variations may occur in colder or warmer climates.

| IDDSI Framework | | |
|---|--------------------------------|--------------------------------|
| Level 1 Slightly Thick | Level 2 Mildly Thick | Level 3 Moderately Thick |
| Vanilla flavour | | |
| 1 Transparent Scoop | 2 Transparent Scoops | 3 Transparent Scoops |
| Wait 5 minutes, then stir and serve immediately. | | |

| IDDSI Framework |
|--|
| Level 4 Extremely Thick |
| Vanilla flavour |
| 7 Transparent Scoops |
| Wait 10 minutes, then stir and serve immediately. Level 4 Extremely Thick liquids are evaluated as IDDSI compliant based on Spoon/Fork Test. |

NUTREN[®] Diabetes Ready to Drink

200mL



1. You will need 1 x 300mL capacity cup.
2. Place required number of THICKENUP[®] Clear scoops into the 300mL capacity cup. Ensuring the cup is clean and dry.
3. Add just enough NUTREN[®] Diabetes Ready to Drink liquid to cover powder in cup (~50mL) and stir for 10-20 seconds or until mixture starts to thicken.
4. Gradually add the remaining NUTREN[®] Diabetes liquid to the cup, stirring well between additions.
5. Wait 5 minutes (10 minutes for Level 4), then stir and serve immediately.

Made at room temperature (~22°C). Some variations may occur in colder or warmer climates.

| IDDSI Framework | | |
|--|-------------------------|-----------------------------|
| Level 1 Slightly Thick | Level 2 Mildly Thick | Level 3 Moderately Thick |
| Vanilla flavour | | |
| Ready to drink [‡] | 1 Transparent Scoop | 2 Transparent Scoops |
| Wait 5 minutes, then stir and serve immediately. | | |

| IDDSI Framework |
|--|
| Level 4 Extremely Thick |
| Vanilla flavour |
| 9 Transparent Scoops |
| Wait 10 minutes, then stir and serve immediately. Level 4 Extremely Thick liquids are evaluated as IDDSI compliant based on Spoon/Fork Test. |

[‡]Ready to drink levels are evaluated as IDDSI compliant at room temperature (22°C). Some variation may occur in colder or warmer climates.

ISOSOURCE® 1.5 CAL

250mL



1. You will need 1 x 300mL capacity cup.
2. Place required number of THICKENUP® Clear scoops into a clean, dry cup.
3. Add just enough ISOSOURCE® 1.5 CAL liquid to cover powder in cup (~50mL) and stir for 10-20 seconds or until mixture starts to thicken.
4. Gradually add the remaining ISOSOURCE® 1.5 CAL liquid to the cup, stirring well between additions.
5. Wait 5 minutes (10 minutes for Level 4), then stir and serve immediately.

Made at room temperature (22°C). Some variation may occur in colder or warmer climates.

| IDDSI Framework | | |
|--|-------------------------|-----------------------------|
| Level 1 Slightly Thick | Level 2 Mildly Thick | Level 3 Moderately Thick |
| Vanilla flavour | | |
| 1 Transparent Scoop | 2 Transparent Scoops | 4 Transparent Scoops |
| Wait 5 minutes, then stir and serve immediately. | | |

| IDDSI Framework |
|---|
| Level 4 Extremely Thick |
| Vanilla flavour |
| 9 Transparent Scoops |
| Wait 10 minutes, then stir and serve immediately. Level 4 Extremely Thick liquids are evaluated as IDDSI compliant based on Spoon/Fork Test. |

ARGINAID®

200mL

Mixed with water



1. You will need 2 x 300mL capacity cups.
2. Prepare 200mL of ARGINAID® as per packet instructions (cup 1).
3. Place required number of THICKENUP® Clear scoops into a separate, clean, dry cup (cup 2).
4. Add just enough ARGINAID® liquid from cup 1 to cover powder in cup 2 (~50mL) and stir for 10-20 seconds or until mixture starts to thicken.
5. Gradually add the remaining ARGINAID® liquid from cup 1 to cup 2, stirring well between additions.
6. Wait 5 minutes, then stir and serve immediately.

Made at room temperature (22°C). Some variation may occur in colder or warmer climates.

| IDDSI Framework | | |
|--|-------------------------|-----------------------------|
| Level 1 Slightly Thick | Level 2 Mildly Thick | Level 3 Moderately Thick |
| Lemon and Orange flavours | | |
| N/A | 3 Transparent Scoops | 4 Transparent Scoops |
| Wait 5 minutes, then stir and serve immediately. | | |

| IDDSI Framework |
|--|
| Level 4 Extremely Thick |
| Lemon and Orange flavours |
| 7 Transparent Scoops |
| Wait 5 minutes, then stir and serve immediately. Level 4 Extremely Thick liquids are evaluated as IDDSI compliant based on Spoon/Fork Test. |

SUSTAGEN® Ready to Drink

250mL



1. You will need 1 x 300mL capacity cup.
2. Place required number of THICKENUP® Clear scoops into a clean, dry cup.
3. Add just enough SUSTAGEN® Ready to Drink liquid to cover powder in cup (~50mL) and stir for 10-20 seconds or until mixture starts to thicken.
4. Gradually add the remaining SUSTAGEN® Ready to Drink liquid to the cup, stirring well between additions.
5. Wait 5 minutes (10 minutes for Level 4), then stir and serve immediately.

Made at room temperature (22°C). Some variation may occur in colder or warmer climates.

| IDDSI Framework | | |
|--|-------------------------|-----------------------------|
| Level 1 Slightly Thick | Level 2 Mildly Thick | Level 3 Moderately Thick |
| Vanilla and Dutch Chocolate flavours | | |
| 1 Transparent Scoop | 2 Transparent Scoops | 4 Transparent Scoops |
| Wait 5 minutes, then stir and serve immediately. | | |

| IDDSI Framework |
|---|
| Level 4 Extremely Thick |
| Vanilla and Dutch Chocolate flavours |
| 9 Transparent Scoops |
| Wait 10 minutes, then stir and serve immediately. Level 4 Extremely Thick liquids are evaluated as IDDSI compliant based on Spoon/Fork Test. |

SUSTAGEN[®] Everyday

150mL

Mixed with reduced fat milk



1. You will need 2 x 300mL capacity cups.
2. Prepare 150mL of SUSTAGEN[®] Everyday as per can instructions (cup 1).
3. Place required number of THICKENUP[®] Clear scoops into a separate, clean, dry cup (cup 2).
4. Add just enough SUSTAGEN[®] Everyday liquid from cup 1 to cover powder in cup 2 (~50mL) and stir for 10-20 seconds or until mixture starts to thicken.
5. Gradually add the remaining SUSTAGEN[®] Everyday liquid from cup 1 to cup 2, stirring well between additions.
6. Wait 5-10 minutes, then stir and serve immediately.

Made with milk at chilled temperature (4°C). Some variation may occur in colder or warmer climates.

| IDDSI Framework | | |
|---|-------------------------|-----------------------------|
| Level 1 Slightly Thick | Level 2 Mildly Thick | Level 3 Moderately Thick |
| Vanilla and Dutch Chocolate flavours | | |
| 1 Transparent Scoop | 2 Transparent Scoops | 3 Transparent Scoops |
| Wait 5-10 minutes, then stir and serve immediately. | | |

| IDDSI Framework |
|---|
| Level 4 Extremely Thick |
| Vanilla and Dutch Chocolate flavours |
| 6 Transparent Scoops |
| Wait 5-10 minutes, then stir and serve immediately. Level 4 Extremely Thick liquids are evaluated as IDDSI compliant based on Spoon/Fork Test. |

SUSTAGEN® Hospital Formula

200mL

Mixed with water



1. You will need 2 x 300mL capacity cups.
2. Prepare 200mL of **SUSTAGEN® Hospital Formula** as per can instructions (cup 1).
3. Place required number of **THICKENUP® Clear** scoops into a separate, clean, dry cup (cup 2).
4. Add just enough **SUSTAGEN® Hospital Formula** liquid from cup 1 to cover powder in cup 2 (~50mL) and stir for 10-20 seconds or until mixture starts to thicken.
5. Gradually add the remaining **SUSTAGEN® Hospital Formula** liquid from cup 1 to cup 2, stirring well between additions.
6. **Wait 5-10 minutes**, then stir and serve immediately.

Made at room temperature (22°C). Some variation may occur in colder or warmer climates.

| IDDSI Framework | | |
|--|--------------------------------|--------------------------------|
| Level 1 Slightly Thick | Level 2 Mildly Thick | Level 3 Moderately Thick |
| 1 Transparent Scoop | 2 Transparent Scoops | 4 Transparent Scoops |
| Wait 5-10 minutes, then stir and serve immediately. | | |

| IDDSI Framework |
|--|
| Level 4 Extremely Thick |
| 7 Transparent Scoops |
| Wait 5-10 minutes, then stir and serve immediately. Level 4 Extremely Thick liquids are evaluated as IDDSI compliant based on Spoon/Fork Test. |

SUSTAGEN[®] Hospital Formula

1 Litre

Mixed with water

1. You will need 2 x 2 litre capacity containers and a whisk.
2. Prepare 1 litre of **SUSTAGEN[®] Hospital Formula** as per can instructions (container 1).
3. Place required number of **THICKENUP[®] Clear** scoops into a separate, clean, dry container (container 2).
4. Add enough **SUSTAGEN[®] Hospital Formula** liquid from container 1 to cover powder in container 2 and whisk for approximately 20 seconds. While continuing to whisk, gradually add the remaining **SUSTAGEN[®] Hospital Formula** liquid from container 1 to container 2. Once all **SUSTAGEN[®] Hospital Formula** liquid has been added to container 2, continue to whisk for 40 seconds.
5. **Wait 10 minutes**, then stir and serve immediately.

Made at room temperature (22°C). Some variation may occur in colder or warmer climates.

| IDDSI Framework | | |
|--|---------------------------------|---------------------------------|
| Level 1 Slightly Thick | Level 2 Mildly Thick | Level 3 Moderately Thick |
| 5 Transparent Scoops | 10 Transparent Scoops | 14 Transparent Scoops |
| Wait 10 minutes, then stir and serve immediately. | | |
| If refrigerating and serving after 4 hours, use: | | |
| 3 Transparent Scoops | 4 Transparent Scoops | 10 Transparent Scoops |

| IDDSI Framework |
|--|
| Level 4 Extremely Thick |
| 32 Transparent Scoops |
| Wait 10 minutes, then stir and serve immediately. Level 4 Extremely Thick liquids are evaluated as IDDSI compliant based on Spoon/Fork Test. |
| If refrigerating and serving after 4 hours, use: |
| 30 Transparent Scoops |

SUSTAGEN[®] Hospital Formula

200mL

Mixed with reduced or full cream milk



1. You will need 2 x 300mL capacity cups.
2. Prepare a cup of **SUSTAGEN[®] Hospital Formula** as per can instructions (cup 1).
3. Place required number of **THICKENUP[®] Clear** scoops into a separate, clean, dry cup (cup 2).
4. Add just enough **SUSTAGEN[®] Hospital Formula** liquid from cup 1 to cover powder in cup 2 (~50mL) and stir for 10-20 seconds or until mixture starts to thicken.
5. Gradually add the remaining **SUSTAGEN[®] Hospital Formula** liquid from cup 1 to cup 2, stirring well between additions.
6. **Wait 5-10 minutes**, then stir and serve immediately.

Made with milk at chilled temperature (4°C). Some variation may occur in colder or warmer climates.

| IDDSI Framework | | |
|---|--------------------------------|--------------------------------|
| Level 1 Slightly Thick | Level 2 Mildly Thick | Level 3 Moderately Thick |
| 1 Transparent Scoop | 2 Transparent Scoops | 3 Transparent Scoops |
| Wait 5-10 minutes, then stir and serve immediately. | | |

| IDDSI Framework |
|---|
| Level 4 Extremely Thick |
| 5 Transparent Scoops |
| Wait 5-10 minutes, then stir and serve immediately. Level 4 Extremely Thick liquids are evaluated as IDDSI compliant based on Spoon/Fork Test. |

SUSTAGEN® Hospital Formula

1 Litre

Mixed with reduced or full cream milk

1. You will need 2 x 2 litre capacity containers and a whisk.
2. Prepare 1 litre of SUSTAGEN® Hospital Formula as per can instructions (container 1).
3. Place required number of THICKENUP® Clear scoops into a separate, clean, dry container (container 2).
4. Add enough SUSTAGEN® Hospital Formula liquid from container 1 to cover powder in container 2 and whisk for approximately 20 seconds. While continuing to whisk, gradually add the remaining SUSTAGEN® Hospital Formula liquid from container 1 to container 2. Once all SUSTAGEN® Hospital Formula liquid has been added to container 2, continue to whisk for 40 seconds.
5. Wait 5-10 minutes, then stir and serve immediately.

Made with milk at chilled temperature (4°C). Some variation may occur in colder or warmer climates.

| IDDSI Framework | | |
|---|---------------------------------|---------------------------------|
| Level 1 Slightly Thick | Level 2 Mildly Thick | Level 3 Moderately Thick |
| 6 Transparent Scoops | 10 Transparent Scoops | 14 Transparent Scoops |
| Wait 5-10 minutes, then stir and serve immediately. | | |
| If refrigerating and serving after 4 hours, use: | | |
| 1 Transparent Scoop | 4 Transparent Scoops | 10 Transparent Scoops |

| IDDSI Framework |
|---|
| Level 4 Extremely Thick |
| 25 Transparent Scoops |
| Wait 5-10 minutes, then stir and serve immediately. Level 4 Extremely Thick liquids are evaluated as IDDSI compliant based on Spoon/Fork Test. |
| If refrigerating and serving after 4 hours, use: |
| 27 Transparent Scoops |

THICKENUP[®]

Clear



Nutrition Information

| Average Quantity | Units | Per 1.2g (1 Transparent Scoop) |
|------------------|-----------|-----------------------------------|
| Energy | kcal / kJ | 3.7 / 15 |
| Protein | g | 0 |
| Carbohydrate | g | 0.74 |
| - Sugars | g | 0.02 |
| Fat | g | 0 |
| Fibre | g | 0.32 |
| Sodium | mg | 13 |
| Potassium | mg | 4.8 |

Ordering Information

| Presentation | Units Per Case | Product Code |
|--------------|----------------|--------------|
| 900g can | 6 x 900g | 12114005 |
| 125g can | 12 x 125g | 12132987 |
| 1.2g sachet | 12 x 24 x 1.2g | 12382031 |

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

RESOURCE® Fruit Flavoured Beverage, RESOURCE® Protein, RESOURCE® Plus, RESOURCE® 2.0, RESOURCE® 2.0 + Fibre, RESOURCE® ULTRA Clear Fruit Flavoured Beverage, RESOURCE® ULTRA, ISOSOURCE® 1.5 CAL and RESOURCE® Dessert 2.0 are food for special medical purposes specifically formulated for medical conditions where nutritional needs cannot be met through diet modification alone. Must be used under medical supervision.

NOVASOURCE® Renal is a food for special medical purposes specifically formulated for the dietary management of people with renal disease whose nutritional intake may not be adequate. Must be used under medical supervision.

NUTREN® Diabetes is a food for special medical purposes specifically formulated for the dietary management of people with diabetes who cannot meet their nutritional needs through diet modification alone. Must be used under medical supervision. Suitable for use as a sole source of nutrition.

ARGINAID® and ARGINAID® Extra are food for special medical purposes specifically formulated with L-Arginine for the nutritional management of wounds. Must be used under medical supervision. Not suitable for use as a sole source of nutrition. Contains Phenylalanine.

RESOURCE® Cereal is a food for special medical purposes for the dietary management of patients with or at risk of malnutrition. Suitable for individuals with swallowing and chewing difficulties. Must be used under medical supervision.

SUSTAGEN® Ready to Drink and SUSTAGEN® are formulated supplementary foods which can be of assistance where dietary intakes of nutrients and energy may not be adequate. Consume as part of a varied and balanced diet and healthy lifestyle.

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 a total diet replacement. Consume as part of a varied and balanced diet and healthy lifestyle.

® Reg. Trademark of Société des Produits Nestlé S.A. Nestlé Healthcare Nutrition, a division of Nestlé Australia Ltd, 8 Nexus Court, Mulgrave VIC 3170, Australia. For more information call **1800 671 628** or visit www.nestlehealthscience.com.au

Printed in April 2023

