

### Oral Nutrition Supplements **Preparation Guide**

ThickenU

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



ThickenU

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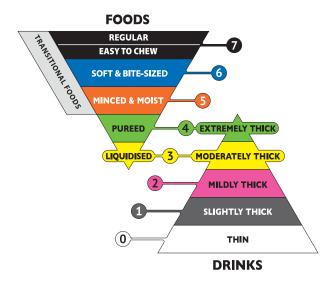
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**PLEASE NOTE:** Clear oral nutritional products including ARGINAID<sup>®</sup> Extra, RESOURCE<sup>®</sup> Fruit Flavoured Beverage and RESOURCE<sup>®</sup> ULTRA Clear Fruit Flavoured Beverage are unable to be thickened.

## 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.

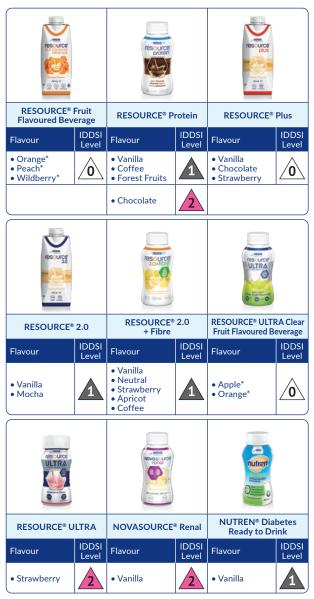
The framework is a continuum of eight levels (0–7), which are identified by numbers, text labels and colour codes. IDDSI provides descriptors and testing methods for each level. For details, visit www.iddsi.org

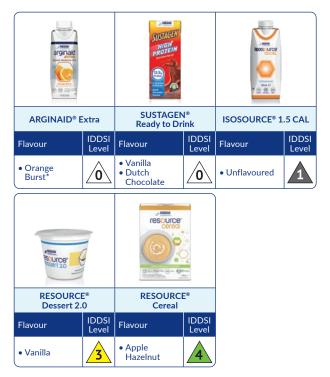


© The International Dysphagia Diet Standardisation Initiative 2016 @https://iddsi.org/framework/

## 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.





\*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 C	<b>DR</b> 1 Bulk Scoop
20 Transparent Scoops = 24g	DR 2 Bulk Scoops
30 Transparent Scoops = 36g C	DR 3 Bulk Scoops

#### <sup>†</sup>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**<sup>®</sup> **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<sup>®</sup> Protein

### 200mL



- 1. You will need 1 x 300mL capacity cup.
- 2. Place required number of THICKENUP® Clear scoops into a clean, dry cup.
- Add just enough RESOURCE<sup>®</sup> Protein liquid to cover powder in cup (~50mL) and stir for 10-20 seconds or until mixture starts to thicken.
- 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 a	and Coffee flavours	
Ready to drink <sup>‡</sup>	<b>1</b> Transparent Scoop	<b>3</b> Transparent Scoops
Chocolate flavour		
N/A	Ready to drink <sup>‡</sup>	<b>2</b> Transparent Scoops
Wait 5 minut	es, then stir and serve	immediately.
	IDDSI Framework	
Level 4 Extremely Thick		
Vanilla, Forest Fruits, Coffee and Chocolate flavours		
<b>8</b> 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<sup>®</sup> Plus

### 237mL



- 1. You will need 1 x 300mL capacity cup.
- Place required number of THICKENUP<sup>®</sup> 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.
- Gradually add the remaining RESOURCE<sup>®</sup> Plus liquid to the cup, stirring well between additions.
- Wait 5 minutes (10 minutes for Level 4), then stir and serve immediately.

IDDSI Framework		
Level 1 Slightly Thick	Level 2 Mildly Thick	Level 3 Moderately Thick
Vanilla and Strawberr	y flavours	
<b>1</b> Transparent Scoop	<b>2</b> Transparent Scoops	<b>4</b> Transparent Scoops
Chocolate flavour		
N/A	<b>2</b> Transparent Scoops	<b>4</b> Transparent Scoops
Wait 5 minut	es, then stir and serve	immediately.
	IDDSI Framework	
Level 4 Extremely Thick		
Vanilla, Strawberry and Chocolate flavours		
<b>9</b> 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.
- Place required number of THICKENUP<sup>®</sup> Clear scoops into a clean, dry cup.
- Add just enough RESOURCE<sup>®</sup> 2.0 liquid to cover powder in cup (~50mL) and stir for 10-20 seconds or until mixture starts to thicken.
- Gradually add the remaining RESOURCE<sup>®</sup> 2.0 liquid to the cup, stirring well between additions.
- 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 fla	vours	
Ready to drink <sup>‡</sup>	<b>2</b> Transparent Scoops	<b>4</b> Transparent Scoops
Wait 5 minut	es, then stir and serve	immediately.
IDDSI Framework		
Level 4 Extremely Thick		
Vanilla and Mocha flavours		
<b>9</b> 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 + Fibre

### 200mL



- 1. You will need 1 x 300mL capacity cup.
- 2. Place required number of THICKENUP® Clear scoops into a clean, dry cup.
- Add just enough RESOURCE<sup>®</sup> 2.0 + Fibre liquid to cover powder in cup (~50mL) and stir for 10-20 seconds or until mixture starts to thicken.
- Gradually add the remaining RESOURCE<sup>®</sup> 2.0 + Fibre liquid to the cup, stirring well between additions.
- 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, Strav	vberry and Coffee flave	ours
Ready to drink <sup>‡</sup>	<b>1</b> Transparent Scoop	<b>3</b> Transparent Scoops
Neutral flavour		
N/A	Ready to drink <sup>‡</sup>	<b>3</b> Transparent Scoops
Wait 5 minut	es, then stir and serve	immediately.
	IDDSI Framework	
Level 4 Extremely Thick		
Vanilla, Apricot, Strawberry, Coffee and Neutral flavours		
<b>9</b> 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.		

### NOVASOURCE® Renal

### 200mL



- 1. You will need 1 x 300mL capacity cup.
- Place required number of THICKENUP<sup>®</sup> Clear scoops into a clean, dry cup.
- Add just enough NOVASOURCE<sup>®</sup> Renal liquid to cover powder in cup (~50mL) and stir for 10-20 seconds or until mixture starts to thicken.
- Gradually add the remaining NOVASOURCE<sup>®</sup> Renal liquid to the cup, stirring well between additions.
- 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 <sup>‡</sup>	<b>2</b> Transparent Scoops
Wait 5 minut	es, then stir and serve	immediately.
	IDDSI Framework	
Level 4 Extremely Thick		
Vanilla flavour		
<b>7</b> 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

#### 210mL Mixed with water



- 1. You will need 2 x 300mL capacity cup.
- Prepare 210mL of NUTREN® Diabetes powder as per the can instructions in cup 1.
- Place required number of THICKENUP<sup>®</sup> Clear scoops into the second 300mL capacity cup. Ensuring the cup is clean and dry.
- 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.
- 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.

IDDSI Framework			
Level 1 Slightly Thick	Level 2 Mildly Thick	Level 3 Moderately Thick	
Vanilla flavour			
<b>1</b> Transparent Scoop	<b>2</b> Transparent Scoops	<b>3</b> Transparent Scoops	
Wait 5 minut	es, then stir and serve	immediately.	
	IDDSI Framework		
Level 4 Extremely Thick			
Vanilla flavour	Vanilla flavour		
<b>7</b> 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<sup>®</sup> 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.
- 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.
- Gradually add the remaining NUTREN<sup>®</sup> 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 <sup>‡</sup>	<b>1</b> Transparent Scoop	<b>2</b> Transparent Scoops
Wait 5 minut	tes, then stir and serve	immediately.
IDDSI Framework		
Level 4 Extremely Thick		
Vanilla flavour		
<b>9</b> 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.		

## ISOSOURCE® 1.5 CAL

### 250mL



- 1. You will need 1 x 300mL capacity cup.
- Place required number of THICKENUP® Clear scoops into a clean, dry cup.
- 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.
- Gradually add the remaining ISOSOURCE<sup>®</sup> 1.5 CAL liquid to the cup, stirring well between additions.
- Wait 5 minutes (10 minutes for Level 4), then stir and serve immediately.

IDDSI Framework		
Level 1 Slightly Thick	Level 2 Mildly Thick	Level 3 Moderately Thick
Vanilla flavour		
<b>1</b> Transparent Scoop	<b>2</b> Transparent Scoops	<b>4</b> Transparent Scoops
Wait 5 minutes, then stir and serve immediately.		
IDDSI Framework		
Level 4 Extremely Thick		
Vanilla flavour		
<b>9</b> 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).
- Place required number of THICKENUP<sup>®</sup> Clear scoops into a separate, clean, dry cup (cup 2).
- Add just enough ARGINAID<sup>®</sup> 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**<sup>®</sup> liquid from cup 1 to cup 2, stirring well between additions.
- 6. Wait 5 minutes, then stir and serve immediately.

IDDSI Framework			
Level 1 Slightly Thick	Level 2 Mildly Thick	Level 3 Moderately Thick	
Lemon and Orange fla	avours		
N/A	<b>3</b> Transparent Scoops	<b>4</b> Transparent Scoops	
Wait 5 minut	es, then stir and serve	immediately.	
IDDSI Framework			
Level 4 Extremely Thick			
Lemon and Orange fla	Lemon and Orange flavours		
<b>7</b> 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<sup>®</sup> 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.
- 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.
- Gradually add the remaining SUSTAGEN<sup>®</sup> 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.

IDDSI Framework		
Level 1 Slightly Thick	Level 2 Mildly Thick	Level 3 Moderately Thick
Vanilla and Dutch Cho	ocolate flavours	
<b>1</b> Transparent Scoop	<b>2</b> Transparent Scoops	<b>4</b> Transparent Scoops
Wait 5 minut	es, then stir and serve	immediately.
	IDDSI Framework	
Level 4 Extremely Thick		
Vanilla and Dutch Cho	ocolate flavours	
<b>9</b> 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.
- Prepare 150mL of SUSTAGEN<sup>®</sup> Everyday as per can instructions (cup 1).
- Place required number of THICKENUP<sup>®</sup> 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.
- 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 Cho	ocolate flavours			
<b>1</b> Transparent Scoop	<b>2</b> Transparent Scoops	<b>3</b> Transparent Scoops		
Wait 5-10 minutes, then stir and serve immediately.				
IDDSI Framework				
Level 4 Extremely Thick				
Vanilla and Dutch Chocolate flavours				
<b>6</b> 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.				

#### 200mL Mixed with water

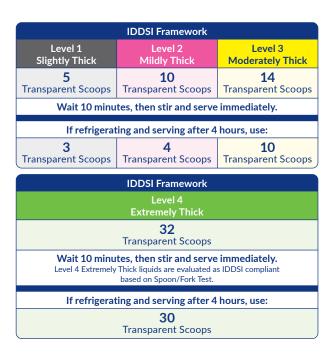


- 1. You will need 2 x 300mL capacity cups.
- Prepare 200mL of SUSTAGEN<sup>®</sup> Hospital Formula as per can instructions (cup 1).
- 3. Place required number of THICKENUP® Clear scoops into a separate, clean, dry cup (cup 2).
- Add just enough SUSTAGEN® Hospital Formula liquid from cup 1 to cover powder in cup 2 (~50mL) and stir for 10-20 seconds or until mixture starts to thicken.
- 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.

IDDSI Framework				
Level 1 Slightly Thick	Level 2 Mildly Thick	Level 3 Moderately Thick		
<b>1</b> Transparent Scoop	<b>2</b> Transparent Scoops	<b>4</b> Transparent Scoops		
Wait 5-10 minutes, then stir and serve immediately.				
IDDSI Framework				
Level 4 Extremely Thick				
<b>7</b> 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.				

#### **1 Litre** Mixed with water

- 1. You will need 2 x 2 litre capacity containers and a whisk.
- Prepare 1 litre of SUSTAGEN<sup>®</sup> Hospital Formula as per can instructions (container 1).
- 3. Place required number of THICKENUP<sup>®</sup> 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.



### 200mL Mixed with reduced or full cream milk



- 1. You will need 2 x 300mL capacity cups.
- Prepare a cup of SUSTAGEN<sup>®</sup> Hospital Formula as per can instructions (cup 1).
- 3. Place required number of THICKENUP® Clear scoops into a separate, clean, dry cup (cup 2).
- 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.
- 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.

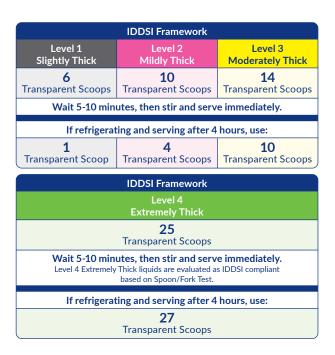
Made with milk at chilled temperature (4°C). Some variation may occur in colder or warmer climates.

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

#### **1 Litre** Mixed with reduced or full cream milk

- 1. You will need 2 x 2 litre capacity containers and a whisk.
- Prepare 1 litre of SUSTAGEN<sup>®</sup> Hospital Formula as per can instructions (container 1).
- 3. Place required number of THICKENUP<sup>®</sup> 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.



### 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<sup>®</sup> 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<sup>®</sup> and ARGINAID<sup>®</sup> 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.

<sup>®</sup> 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

