

Preparation Guide

ThickenUP®
clear

For Alcoholic Drinks – Beer (150mL) Chilled

Please Drink Responsibly.



Place required amount of THICKENUP® Clear powder into a clean, dry glass and mix it with 1/2 teaspoon of sugar.



Open bottle and wait until flat. Pour just enough beer down the side of the glass to cover powder (~50mL).



Stir for 10-20 seconds or until mixture starts to thicken.



Gradually add remaining beer, stirring well between additions. Wait 5 minutes then stir and serve immediately.

IDDSI Framework

Beer (Chilled)	Level 1 Slightly Thick	Level 2 Mildly Thick	Level 3 Moderately Thick	Level 4 Extremely Thick
150mL	–	1 Transparent Scoop	2 Transparent Scoops	4 Transparent Scoops [†]

Please note: Beer produces a big 'head' of bubbles. Wait a minute or two before adding small amounts of beer down the side of the glass to complete mixing.

At Level 4 – it will still 'look foamy', but this is the effect of the thickener.

[†]Level 4 Extremely Thick liquids are evaluated as IDDSI compliant based on Spoon Tilt Test.

Mild variations in the recipes may be seen with different types of alcoholic beverages. Please adjust accordingly.

For Alcoholic Drinks – Wine (150mL)

Please Drink Responsibly.



Place required amount of THICKENUP® Clear powder into a clean, dry glass.



Add just enough wine to cover powder (~50mL).



Stir for 10-20 seconds or until mixture starts to thicken.



Gradually add remaining wine, stirring well between additions. Wait 5 minutes then stir and serve immediately.

IDDSI Framework

Wine	Level 1 Slightly Thick	Level 2 Mildly Thick	Level 3 Moderately Thick	Level 4 Extremely Thick
150mL Red Wine (Room temp.)	–	2 Transparent Scoops	3 Transparent Scoops	4 Transparent Scoops [†]
150mL White Wine (Chilled)	1 Transparent Scoop	2 Transparent Scoops	3 Transparent Scoops	4 Transparent Scoops [†]

Please note: Best consumed immediately. Level 2 is stable over time. Levels 3 and 4 will continue to thicken if left to stand.

[†]Level 4 Extremely Thick liquids are evaluated as IDDSI compliant based on Spoon Tilt Test.

Mild variations in the recipes may be seen with different types of alcoholic beverages. Please adjust accordingly.

For Carbonated Drinks



Place required amount of THICKENUP® Clear powder into a clean, dry glass.



Pour just enough liquid down the side of the glass to cover powder (~50mL).



Stir for 10-20 seconds until no longer effervescent.



Gradually add remaining liquid, stirring well between additions. Wait 5 minutes then stir and serve immediately.

IDDSI Framework

Lemonade*	Level 1 Slightly Thick	Level 2 Mildly Thick	Level 3 Moderately Thick	Level 4 Extremely Thick
200mL	1 Transparent Scoop	2 Transparent Scoops	3 Transparent Scoops	6 Transparent Scoops [†]

Please note: Carbonated drinks produce a big 'head' of bubbles (like a head of beer). Add small amounts of carbonated drink gradually to prevent the thickened carbonated drink from overflowing from the cup.

[†]Level 4 Extremely Thick liquids are evaluated as IDDSI compliant based on Spoon Tilt Test.

*Recipe developed for lemonade, other carbonated drinks may vary. Please consult a healthcare professional for guidance.

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

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