

resource®

ThickenUP®
clear

Oral Nutrition Supplements Preparation Guide



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

 **Nestlé**
HealthScience

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Measurements



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

1 Blue Scoop* = 1.2g		1 Bulk Scoop = 12g	
			
10 Blue Scoops = 12g	OR	1 Bulk Scoop	
20 Blue Scoops = 24g	OR	2 Bulk Scoops	
30 Blue Scoops = 36g	OR	3 Bulk Scoops	

*1 Blue Scoop (1.2g) = 1 **RESOURCE® THICKENUP® Clear** stick sachet.

The recipes provided in this resource are intended as a guide only. It is the responsibility of the person administering **RESOURCE® 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 18.

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.

[†]International Dysphagia Diet Standardisation Initiative (www.iddsi.org).

RESOURCE[®] Protein

200mL



1. You will need 1 x 300mL capacity cup.
2. Place required number of **RESOURCE[®] 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**, then stir and serve immediately.

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

IDDSI Framework			
Wait 5 minutes, then stir and serve immediately.			
Level 1 Slightly Thick	Level 2 Mildly Thick	Level 3 Moderately Thick	Level 4 Extremely Thick
Vanilla, Coffee and Forest Fruits Flavours			
Ready to drink [§]	1 Blue Scoop	3 Blue Scoops	8 Blue Scoops [‡]
Chocolate Flavour			
—	Ready to drink [§]	2 Blue Scoops	8 Blue Scoops [‡]

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

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

RESOURCE[®] Plus

237mL



1. You will need 1 x 300mL capacity cup.
2. Place required number of **RESOURCE[®] 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 10 minutes**, then stir and serve immediately.

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

IDDSI Framework			
Wait 10 minutes, then stir and serve immediately.			
Level 1 Slightly Thick	Level 2 Mildly Thick	Level 3 Moderately Thick	Level 4 Extremely Thick
Vanilla and Strawberry Flavours			
Ready to drink [§]	2 Blue Scoops	5 Blue Scoops	9 Blue Scoops [‡]
Chocolate Flavour			
—	Ready to drink [§]	5 Blue Scoops	9 Blue Scoops [‡]

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

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

RESOURCE[®]

2.0

60mL (MedRound)



1. You will need 1 x 150mL (or larger) capacity cup and 10mL of water.
2. Place required number of **RESOURCE[®] THICKENUP[®] Clear** scoops into a clean, dry cup.
3. Add 10mL of water and stir until the mixture starts to thicken, then immediately add 60mL of **RESOURCE[®] 2.0** liquid and stir.
4. Stir for approximately 30 seconds, then serve immediately.

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

IDDSI Framework			
Stir for approximately 30 seconds, then serve immediately.			
Level 1 Slightly Thick	Level 2 Mildly Thick	Level 3 Moderately Thick	Level 4 Extremely Thick
–	Ready to drink [§]	1 Blue Scoop	3 Blue Scoops [‡]

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

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

RESOURCE[®]

2.0

237mL



1. You will need 1 x 300mL capacity cup.
2. Place required number of **RESOURCE[®] 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 10 minutes**, then stir and serve immediately.

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

IDDSI Framework			
Wait 10 minutes, then stir and serve immediately.			
Level 1 Slightly Thick	Level 2 Mildly Thick	Level 3 Moderately Thick	Level 4 Extremely Thick
—	Ready to drink [§]	4 Blue Scoops	9 Blue Scoops [‡]

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

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

RESOURCE[®] 2.0 + Fibre

50mL (MedRound)



1. You will need 1 x 150mL (or larger) capacity cup and 10mL of water.
2. Place required number of **RESOURCE[®] THICKENUP[®] Clear** scoops into a clean, dry cup.
3. Add 10mL of water and stir until the mixture starts to thicken, then immediately add 50mL of **RESOURCE[®] 2.0 + Fibre** liquid and stir.
4. **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			
Wait 5 minutes, then stir and serve immediately.			
Level 1 Slightly Thick	Level 2 Mildly Thick	Level 3 Moderately Thick	Level 4 Extremely Thick
Vanilla, Apricot, Strawberry and Coffee Flavours			
Ready to drink [§]	–	1 Blue Scoop	2 Blue Scoops [‡]
Neutral Flavour			
–	Ready to drink [§]	1 Blue Scoop	2 Blue Scoops [‡]

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

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

RESOURCE[®] 2.0 + Fibre

200mL



1. You will need 1 x 300mL capacity cup.
2. Place required number of **RESOURCE[®] 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 5-10 minutes, then stir and serve immediately.

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

IDDSI Framework			
Wait 5-10 minutes, then stir and serve immediately.			
Level 1 Slightly Thick	Level 2 Mildly Thick	Level 3 Moderately Thick	Level 4 Extremely Thick
Vanilla, Apricot, Strawberry and Coffee Flavours			
Ready to drink [§]	1 Blue Scoop	3 Blue Scoops	9 Blue Scoops [‡]
Neutral Flavour			
—	Ready to drink [§]	3 Blue Scoops	9 Blue Scoops [‡]

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

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

NOVASOURCE[®]

Renal

237mL



1. You will need 1 x 300mL capacity cup.
2. Place required number of **RESOURCE[®] 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 10 minutes**, then stir and serve immediately.

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

IDDSI Framework			
Wait 10 minutes, then stir and serve immediately.			
Level 1 Slightly Thick	Level 2 Mildly Thick	Level 3 Moderately Thick	Level 4 Extremely Thick
—	Ready to drink [§]	3 Blue Scoops	9 Blue Scoops [‡]

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

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

ARGINAIID®

200mL

Mixed with water



1. You will need 2 x 300mL capacity cups.
2. Prepare 200mL of **ARGINAIID®** as per packet instructions (cup 1).
3. Place required number of **RESOURCE® THICKENUP® Clear** scoops into a separate, clean, dry cup (cup 2).
4. Add just enough **ARGINAIID®** 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 **ARGINAIID®** 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			
Wait 5 minutes, then stir and serve immediately.			
Level 1 Slightly Thick	Level 2 Mildly Thick	Level 3 Moderately Thick	Level 4 Extremely Thick
–	3 Blue Scoops	4 Blue Scoops	7 Blue Scoops [‡]

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

SUSTAGEN®

Ready to Drink

250mL



1. You will need 1 x 300mL capacity cup.
2. Place required number of **RESOURCE® 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 30-40 seconds or until mixture starts to thicken.
4. Gradually add small amounts of the remaining **SUSTAGEN® Ready to Drink** liquid to the cup, stirring well between additions.
5. **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			
Wait 5 minutes, then stir and serve immediately.			
Level 1 Slightly Thick	Level 2 Mildly Thick	Level 3 Moderately Thick	Level 4 Extremely Thick
1 Blue Scoop	2 Blue Scoops	5 Blue Scoops	7 Blue Scoops [‡]

[‡]Level 4 Extremely Thick liquids are evaluated as IDDSI compliant based on Spoon Tilt 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 **RESOURCE® 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			
Wait 5-10 minutes, then stir and serve immediately.			
Level 1 Slightly Thick	Level 2 Mildly Thick	Level 3 Moderately Thick	Level 4 Extremely Thick
1 Blue Scoop	2 Blue Scoops	3 Blue Scoops	6 Blue Scoops [‡]

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

SUSTAGEN® Hospital Formula Active

200mL

Mixed with water



1. You will need 2 x 300mL capacity cups.
2. Prepare 200mL of **SUSTAGEN® Hospital Formula Active** as per can instructions (cup 1).
3. Place required number of **RESOURCE® THICKENUP® Clear** scoops into a separate, clean, dry cup (cup 2).
4. Add just enough **SUSTAGEN® Hospital Formula Active** 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 Active** 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			
Wait 5-10 minutes, then stir and serve immediately.			
Level 1 Slightly Thick	Level 2 Mildly Thick	Level 3 Moderately Thick	Level 4 Extremely Thick
1 Blue Scoop	2 Blue Scoops	4 Blue Scoops	7 Blue Scoops [‡]

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

SUSTAGEN® Hospital Formula Active

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 Active** as per can instructions (container 1).
3. Place required number of **RESOURCE® THICKENUP® Clear** scoops into a separate, clean, dry container (container 2).
4. Add enough **SUSTAGEN® Hospital Formula Active** 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 Active** liquid from container 1 to container 2. Once all **SUSTAGEN® Hospital Formula Active** 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			
Wait 10 minutes, then stir and serve immediately.			
Level 1 Slightly Thick	Level 2 Mildly Thick	Level 3 Moderately Thick	Level 4 Extremely Thick
5 Blue Scoops	10 Blue Scoops	14 Blue Scoops	32 Blue Scoops [‡]
Refrigerated and served after 4 hours.			
3 Blue Scoops	4 Blue Scoops	10 Blue Scoops	30 Blue Scoops [‡]

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

SUSTAGEN® Hospital Formula Active

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 Active** as per can instructions (cup 1).
3. Place required number of **RESOURCE® THICKENUP® Clear** scoops into a separate, clean, dry cup (cup 2).
4. Add just enough **SUSTAGEN® Hospital Formula Active** 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 Active** 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			
Wait 5-10 minutes, then stir and serve immediately.			
Level 1 Slightly Thick	Level 2 Mildly Thick	Level 3 Moderately Thick	Level 4 Extremely Thick
1 Blue Scoop	2 Blue Scoops	3 Blue Scoops	5 Blue Scoops [‡]

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

SUSTAGEN® Hospital Formula Active

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 Active** as per can instructions (container 1).
3. Place required number of **RESOURCE® THICKENUP® Clear** scoops into a separate, clean, dry container (container 2).
4. Add enough **SUSTAGEN® Hospital Formula Active** 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 Active** liquid from container 1 to container 2. Once all **SUSTAGEN® Hospital Formula Active** 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			
Wait 5-10 minutes, then stir and serve immediately.			
Level 1 Slightly Thick	Level 2 Mildly Thick	Level 3 Moderately Thick	Level 4 Extremely Thick
6 Blue Scoops	10 Blue Scoops	14 Blue Scoops	25 Blue Scoops [‡]
Refrigerated and served after 4 hours.			
1 Blue Scoop	4 Blue Scoops	10 Blue Scoops	27 Blue Scoops [‡]

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

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/>

In Australia, the IDDSI framework has replaced the Australian Standards for Texture Modified Foods and Fluids.

This guide has been developed according to the IDDSI framework for Drinks Level 1–4.

Australian Standards

Level 900 – Extremely Thick

Level 400 – Moderately Thick

Level 150 – Mildly Thick

IDDSI Framework

Level 4 – Extremely Thick

Level 3 – Moderately Thick

Level 2 – Mildly Thick

Level 1 – Slightly Thick

RESOURCE[®] THICKENUP[®] Clear




Nutrition Information

Average Quantity	Units	Per 1.2g (1 Blue 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	12151076



RESOURCE® 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® Protein, RESOURCE® Plus, RESOURCE® 2.0 and RESOURCE® 2.0 + Fibre 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.

ARGINOID® is a 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.

SUSTAGEN® Ready to Drink and SUSTAGEN® are formulated supplementary food which can be of assistance where dietary intakes of nutrients and energy may not be adequate.

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 Active 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.

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