How to thicken drinks to **Mildly Thick**

 with Resource ThickenUp Clear

**Please read the Speech & Language Therapy Eating & Drinking instructions to ensure the correct consistency is prepared**

1. Put powder in first: 2 scoops **OR** 2 sachets for **Mildly Thick** consistency

To achieve best dissolution and clarity, first **add the powder to a clean, dry cup/ glass/ beaker using the dosage scoop provided**



2. Next pour 200ml of **liquid over the powder**



3. Next **stir briskly**

Resource ThickenUp Clear thickens quickly so please **start stirring with a spoon immediately** until the powder is completely dissolved

4. Enjoy!

Stabilisation time is quick - for tea, coffee and water it’s ready in a minute.

For juices and milk leave it standing for a few minutes

What does **mildly thick** consistency look like?

* flows off a spoon
* sippable, pours quickly from a spoon but slower than drinks
* effort is required to drink this thickness through a standard straw

Examples include Innocent mango smoothie, Weetabix on the go breakfast drink (chocolate and vanilla), Frijj (Muller) fudge brownie

