




ThickenUP® Mixing Chart

STARCH-BASED THICKENER



Amount of Resource® ThickenUp® (ml or g of powder) for desired consistency

Reference: 1 tablespoon = 15 ml 1 teaspoon = 5 ml

VOLUME OF LIQUID	 MILDLY THICK* (Nectar-like) [†]	 MODERATELY THICK* (Honey-like) [†]	 EXTREMELY THICK* (Pudding/spoon-thick) [†]
125 ml	15 - 20 ml 4.5 - 6 g	20 - 25 ml 6 - 7.5 g	25 - 30 ml 7.5 - 9 g
250 ml	30 - 40 ml 9 - 12 g	40 - 50 ml 12 - 15 g	50 - 60 ml 15 - 18 g
1000 ml	120 - 160 ml 36 - 48 g	160 - 200 ml 48 - 60 g	200 - 240 ml 60 - 72 g

Suitable for use with the IDDSI framework. Measured amounts of thickener may vary according to liquid used. Use this chart as a guideline for developing recipes suitable for your facility.

PREPARATION

1. Measure the recommended amount of Resource® ThickenUp® instant food and drink thickener to achieve desired consistency. Use level measuring spoon and/or measuring cup for accurate results.
2. Slowly add Resource® ThickenUp® instant food and drink thickener to liquid while stirring briskly. Stir for 15 seconds. When thickening in larger quantities, stir for 30 seconds. Re-stir briefly before serving. Liquid will thicken within 1-5 minutes.

NOTE: Larger quantities can be prepared using a blender at low speed for 60 seconds. Re-stir briefly before serving.

RESOURCE® THICKENUP® IS ONLY APPROPRIATE FOR USE IN INDIVIDUALS GREATER THAN 3 YEARS OLD.

NOTES

*Refer to www.IDDSI.org for thickness testing methods. †National Dysphagia Diet Task Force. American Dietetic Association. 2002
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