

RESOURCE[®] ThickenUp^{™/MC} Clear



Preparation Guide

Nutritional
Supplements
4 oz Servings (125 mL)

1

First pour half the amount of Nutritional Supplement (i.e. BOOST) into a cup.

2

Add appropriate quantity of powder to the Nutritional Supplement.*

3

Stir briskly with a spoon. *Stir time may be longer when thickening in bulk.*

4

Add second half of Nutritional Supplement and continue to stir until powder is well dissolved.

5

Leave standing for 15-20 minutes or until the drink reaches the desired thickness**. Stir well before serving.

1 x = 5 mL

NUTRITIONAL SUPPLEMENTS

DESIRED CONSISTENCY

NUMBER OF 4 OZ (125 mL) SERVINGS	VOLUME	NECTAR-LIKE	HONEY	PUDDING
		1 125 mL	1 x	2 x
2 250 mL	2 x	4 x	6 x	
5 625 mL	1 Tbsp + 2 tsp (25 mL)	3 Tbsp + 1 tsp (50 mL)	1/4 cup + 1 Tbsp (75 mL)	
10 1.25 L	3 Tbsp + 1 tsp (50 mL)	1/3 cup + 1 Tbsp (100 mL)	2/3 cup (150 mL)	
20 2.5 L	1/3 cup + 1 Tbsp (100 mL)	cup + 1 1/2 Tbsp (200 mL)	1 1/4 cup (300 mL)	
30 3.75 L	2/3 cup (150 mL)	1 1/4 cup (300 mL)	1 3/4 cup + 2 Tbsp (450 mL)	

*Quantity of Thicken Up Clear may need to be adjusted depending on the type of nutritional supplement used.

**Nutritional supplements may take longer to thicken than regular beverages so make sure to allow ample time for thickening.