



CLEAR



Liquid	Volume of Liquid	Mildly Thick - Level 2 (1.4g)	Moderately Thick - Level 3 (3.2 g)	Extremely Thick - Level 4
Dairy	125 ml	1 - Level 2 stick	1 - Level 3 stick	2 ½ - Level 3 sticks
Clear Liquid		1 - Level 2 stick	1 - Level 3 stick	4 - Level 3 sticks
Dairy	250 ml	2 - Level 2 sticks	2 - Level 3 sticks	5 - Level 3 sticks
Clear Liquid		2 - Level 2 sticks	2 - Level 3 sticks	7 ½ - Level 3 sticks
Supplement	235 ml / 1 can	2 - Level 2 sticks	2 - Level 3 sticks	5 - Level 3 sticks

ALWAYS IDDSI TEST PRIOR TO SERVING *The International Dysphagia Diet Standardisation Initiative (IDDSI) recommended guideline.

The chart is a guide for thickening liquids. The amount of thickener may need to be adjusted to meet your individual needs. Results will vary depending on temperature, measuring units used, method of mixing, length of time mixing, type of beverage, and time after mixing.

Clear Liquid: Water, Juice, Tea, Coffee, Carbonated Beverage

Description	IDDSI Level	Item #	Sysco #	GFS #	Case Pack	Shelf Life	Kosher	Lactose Free	Gluten Free
THICK & EASY® CLEAR Instant Food & Beverage Thickener	2	72451	2820013	1383968	100/1.4g	3 years	U	Y	Y
THICK & EASY® CLEAR Instant Food & Beverage Thickener	3	72453	2859306	1383969	100/3.2g	3 years	U	Y	Y

INDIVIDUAL/SINGLE SERVE

- Combine desired liquid and measured thickener while stirring with a whisk or fork for up to 30 seconds.
- Allow up to 5 minutes for clear liquids to reach desired consistency.
- Allow up to 15 minutes for dairy and supplements to reach desired consistency.

Serving size	Calories	Fat	% DV	Saturated fat	% DV	Trans fat	Cholesterol	Sodium	% DV	CHO	% DV	Dietary Fiber	% DV	Sugars	Protein	Vit. A	Vit. C	Calcium
1.4 g	5	0 g	0%	0 g	0%	0 g	0 mg	20 mg	1%	1 g	0%	0 g	0%	0 g	0 g	0%	0%	0%
3.2 g	10	0 g	0%	0 g	0%	0 g	0 mg	55 mg	1%	2 g	0%	0 g	0%	0 g	0 g	0%	0%	0%

Ingredients: Maltodextrin, Xanthan Gum, Carrageenan, Erythritol.



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