

Thick & Easy

Good soluble powder in a 225 g tin



Nutritional Information

Average content			100 g
Energy value	kJ (kcal)		1561 (373)
Fat	g		< 0.1
of which saturated fatty acids	g		< 0.1
Carbohydrate	g		92.6
of which sugars	g		0
Protein	g		0.4
Salt (Na x 2.5)	g		0.44
Sodium (Na)	mg/mmol		174/7.6
Average content			per scoop(4.5 g)
Energy value	kJ (kcal)		70 (16.8)
Fat	g		< 0.01
of which saturated fatty acids	g		< 0.01
Carbohydrate	g		4.2
of which sugars	g		0
Protein	g		0.02
Salt (Na x 2.5)	g		0.02
Sodium (Na)	mg/mmol		8/0.3

Prescribing Information

Food for special medical purposes:

Instant food thickener, starch based. Lactose and gluten free. For the dietary management of patients with dysphagia.

Dosage:

Use as required - see instruction for use.

Important notes:

To be used under medical supervision. Not suitable as sole source of nutrition. Thick & Easy is intended for the use as food thickener and is not intended as such to contribute significantly to energy intake. Not suitable for children < 3 years.

Contraindications:

Not suitable whenever enteral nutrition is not permitted such as in acute gastrointestinal bleeding, ileus and shock. Use with caution in severe organ failure with impaired metabolism and severe forms of malabsorption. Not suitable for patients with congenital inability to metabolise nutrients contained in Thick & Easy.

Instruction for use

General information:

Store dry and at room temperature. After opening, reseal and store in a relatively odour free environment.

Can be added directly to juices, soups, all hot and cold beverages, oral nutritional supplements (e.g. Fresubin 2 kcal DRINK, Fresubin Protein Energy DRINK), sauces and all types of pureed foods to develop a thicker consistency.

Thickening of liquids:

To thicken liquids simply sprinkle in the required amount of Thick & Easy and stir briskly with a fork or whisk until dissolved. When adding Thick & Easy to foods or liquids allow 1 minute to achieve desired consistency.

Mix the following amount of Thick & Easy

	in 100 ml of liquid:	in 200 ml of liquid:
Mildly thick - Stage 1	1 scoop (= 4.5 g)	2 scoops (= 9 g)
Moderately thick - Stage 2	1.5 scoops (= 7 g)	3 scoops (= 14 g)
Thick - Stage 3	2 scoops (= 9 g)	4 scoops (= 18 g)

To thicken pureed foods:

Add the required quantity of Thick & Easy to thicken to the desired consistency.

Soaking solution:

For soaking solutions thicken 125 ml liquid with 1 scoop (= 4.5 g) Thick & Easy, pour over food (e.g. a slice of cake) and refrigerate for 2 hours.

Ingredients

Modified maize starch, maltodextrin

Flavours

Neutral