



ThickenUP®
clear

Thickened Oral Nutritional Supplement – Resource® 2.0



INGREDIENTS

1/2 cup (125 mL) Resource® 2.0

2 scoops (8 mL/2.8 g) ThickenUp® Clear

DIRECTIONS

1. In a cup, measure 2 scoops ThickenUp® Clear.
2. Add half (1/4 cup) of Resource® 2.0. Stir with spoon or whisk for 15 seconds or until powder is well dissolved. Immediately add remaining Resource® 2.0 and mix for an additional 15 seconds. Allow 15 minutes to reach desired consistency before serving.

Note: For IDDSI LEVEL 2, in a cup, measure 1 scoop ThickenUp® Clear.

PREP TIME: 5 minutes
COOK TIME: 0 minutes
TOTAL TIME: 5 minutes
+ 15 minutes standing time
MAKES: 1 serving (125 mL)

NUTRITION INFO - PER SERVING

Calories 260	Carbohydrate 30 g
Protein 11 g	Sugars 9 g
Fat 11 g	Sodium 120 mg

⁴Refer to www.IDDSI.org