



# safer nutrition, safer hydration

Thick & Easy™ – the market leading instant food thickener\*



Starters



Pork stroganoff



Apples and custard

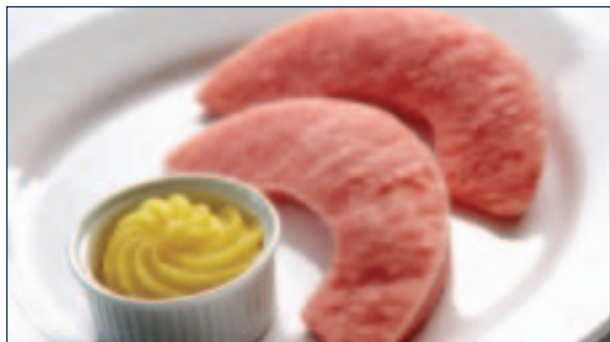
\*IMS market share, January 2010



**safer nutrition, safer hydration**

## Thick & Easy™ – puréed food that looks as good as it tastes

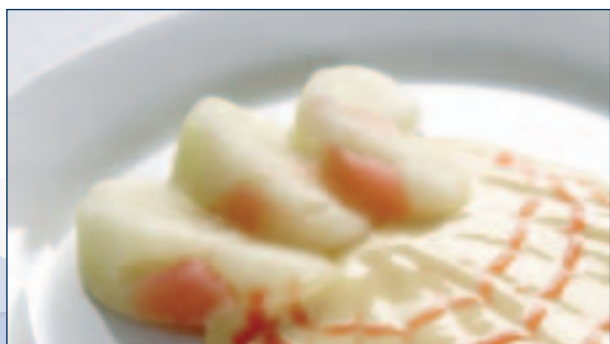
It's well documented that we 'eat with our eyes'. Thick & Easy™ makes it simple and cost-effective to create an extraordinary variety of tempting dishes for patients on puréed diets. Examples of just a few are shown below.



Watermelon



Chicken curry



Apples and custard



Hot apple



Pork stroganoff



Tuna paté

# Thick & Easy™ – pre-thickened juice drinks

**Pre-thickened juice drinks improve fluid intake in patients with dysphagia<sup>1</sup>  
– no mixing, no waiting.**

- Available in the following flavours: Apple, Orange, Cranberry, Kiwi-Strawberry and Blackcurrant
- Available in 1.42l easy pour bottles and 118ml juice pots (juice pots only available in Orange and Apple flavour)
- Guaranteed quality – pre thickened to a honey consistency in every serving\*
- Releases 98% of fluid
- Facilitates monitoring of fluid intake
- Gluten and lactose free
- 12 months shelf life from date of manufacture for bottles and 9 months for juice pots
- Store at room temperature; best served chilled, once opened, store in a refrigerator for up to 3 days



## References:

<sup>1</sup> Whelan.K (2001) *Inadequate fluid intakes in dysphagic acute stroke*. Clinical Nutrition, 20(5):423–428

\*Some patients may require a different consistency. Consult a Speech and Language Therapist if you are uncertain about the required consistency.

# Thick & Easy™ – the market leading instant food thickener\*

Not content with being the market leading instant food thickener, Thick & Easy™ is now better than ever. We've built on over 15 years experience of providing patients with dysphagia with safe, consistent results by responding to clinicians' preference for a lower viscosity thickener.

## What's so smart about Smart Starch?

Smart Starch provides the lower viscosity required to ensure patient compliance, whilst still delivering a consistency that avoids aspiration. Due to the improved manufacturing process, the Smart Starch molecules exhibit a viscosity range that remains constant over time and does not increase during extended hydration.

Rest assured that all the great features that made Thick & Easy™ the market leader have been maintained and nothing has been added or taken away. We have simply improved the way in which Thick & Easy™ is manufactured, in order to benefit patients.

### Reliable consistency

Matching the national descriptors\*\*, improved mixing quality ensures the right consistency is achieved every time.

### Superior mouthfeel

Smoother consistency provides a more palatable, enjoyable experience for patients.

### Taste neutral

Does not alter the taste of food.

### Enhanced stability

Reduces fear of separation or over-thickening, providing patients with increased drinking and eating time.

### Smoother texture

Smaller particles provide easier mixing and a more palatable texture.



\*IMS market share, January 2010

\*\*National descriptors for texture modification (2009 RCSLT/BDA)

## Recommended usage per serving

	Syrup	Custard	Pudding
Liquids – 100ml	1 scoop	1.5 scoops	2 scoops

### Puréeing guide

Puréed fruits – 100g, net drained wt.	0.5 to 1 scoop
Puréed vegetables – 100g, drained	1 scoop
Puréed meat – 75g or 100g	125ml soaking solution (125ml liquid & 1 scoop Thick & Easy™)

### Fruit juice soaking solution

Cake, biscuits, crackers, bread	Thicken 125ml fruit juice with 1 scoop Thick & Easy™, pour over food and refrigerate for 2 hrs
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### Conversions

1 scoop Thick & Easy™ = 15ml/4.5g  
 1 tin = 51 scoops (approx.)  
 4.5kg pack = 1010 scoops (approx.)

## Order codes

Product	Order code
Thick & Easy™ 225g tin	7931333
Thick & Easy™ 4.54kg catering pack	7931334
Thick & Easy™ 9g sachet	7917661

### Pre thickened juices

1.42l bottles	Apple	7917694
	Orange	7917695
	Cranberry	7917696
	Kiwi-Strawberry	7917705
	Blackcurrant	7917703
118ml juice pots	Apple	7917702
	Orange	7917706

### Thick & Easy™ shaker

Achieve a safe consistency with the new Thick & Easy™ shaker

EN00338



## Thickening liquids

Using a whisk, fork or shaker (if available), mix the following amount of Thick & Easy™ into 100ml of liquid:

- Syrup consistency (Stage 1\*) = 1 scoop
- Custard consistency (Stage 2\*) = 1.5 scoops
- Pudding consistency (Stage 3\*) = 2 scoops

Allow drink to stand for 1 minute to achieve correct consistency.

Use for fruit juices, coffee, tea, alcoholic drinks and supplements, or any liquid.

To thicken supplements or milk-based products, first whisk for 30 seconds, add Thick & Easy™ and mix well. Leave to stand for 2 minutes, then serve.

\* National descriptors for texture modification (2009 RCLST/BDA)

## Nutritional information

Typical values	per scoop (4.5g)	per 100g
Energy kj/kcal	70/17	1561/373
Protein g	Trace	0.4
Carbohydrate g	4	92.6
Fat g	Trace	<0.1
Sodium mg (mmol)	8 (0.3)	174 (7.4)
Calcium mg (mmol)	0.2 (0.005)	4.5 (0.1)
Phosphorus mg (mmol)	1.08 (0.03)	24 (0.7)

### Ingredients:

Modified maize starch (E1442), maltodextrin.  
 Gluten and lactose free.

For further information or to place an order, please contact:

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