

Supporting your  
nutritional needs  
every step of the way



Dysphagia Supplements

## Why have I received Resource® and Clinutren® products?

Your health care professional has requested these samples be sent to you because you are currently experiencing difficulty chewing or swallowing every day foods and drinks. During this time it is important to follow any advice given to you by your health care professional. Thickening powders mixed in fluids, soft and pureed foods will make it easier and safer to eat and drink. The pre-thickened apple and orange drinks provide you with fluids that are already thickened to a consistency that is suitable for you.

You may have also received chocolate, vanilla, or peach flavoured desserts. These are a custard or pudding consistency and provide you with a good source of energy and protein.

# How do I incorporate these Resource<sup>®</sup> and Clinutren<sup>®</sup> products into my day?

The thickening powder (**Resource<sup>®</sup> ThickenUp<sup>®</sup>**) thickens quickly and easily fluids or pureed foods you are consuming to a consistency that you require. The powder will not alter the taste or aroma of the fluids or foods it is added to. You should have been advised by your health care professional on a suitable consistency.

## Thickening Fluids

With a dry spoon add the following amounts of **Resource<sup>®</sup> ThickenUp<sup>®</sup>** to 100ml of liquid. Mix with a fork or whisk until completely dissolved.

SYRUP	CUSTARD	PUDDING
		
1 Tbsp or 4.5g to 100ml	1.5 Tbsp or 7g to 100ml	2 Tbsp or 9g to 100ml

Tbsp = Tablespoon

## Thickening Pureed Foods

**Resource® ThickenUp®** can be used effectively to thicken hot or cold pureed food. Using a dry spoon add the following amounts to 100g of pureed food.

Pureed Meat	Pureed Vegetables
1 Tablespoon or 4.5g	1/2 Tablespoon or 2.3g

Handy tips and recipe ideas on how to make pureed foods using **Resource® ThickenUp®** can be found later on in this booklet.

## What Resource® and Clinutren® products are in my starter pack?

The following information provides a brief description of some or all of the products found in your starter pack, which was requested to be sent to you by your health care professional.

## Resource® ThickenUp®

**Resource® ThickenUp®** is a thickening powder, which mixes easily into foods and drinks so when you have swallowing difficulties you can enjoy meal times and receive the nutrition you require.

**Resource® ThickenUp®** is available in a 227g canister or a 4.5g sachet.



## Resource® Thickened Drinks

**Resource®** are pre-thickened, ready to use drinks available in apple or orange flavour and syrup or custard consistency. They were given to you to help make it easier for you to meet your daily fluid requirements.

**Resource® Thickened Drinks** are available in a 114ml cup. Your health care professional will advise you on the consistency you require.



# Resource® Dessert Energy and Clinutren® Dessert

**Resource® Dessert Energy** and **Clinutren® Dessert** are great tasting dessert-style nutritional supplements, which are easy to consume and are available in handy single serving pots. Each product provides a variety of flavours to suit individual patient tastes.



**Resource® Dessert Fruit** is a unique fruit based dessert style nutritional supplement, which provides a real fruit tasting alternative to milk based desserts. Each cup provides 250 kcal and 6g of protein and is enriched with vitamins and minerals. **Resource® Dessert Fruit** is available in three delicious flavours-apple, apple-strawberry and apple-peach flavours.



## How do I obtain a prescription for these products?

You will need to discuss your requirements for a prescription with your Speech and Language Therapist, Dietitian, Doctor or Nurse. They will recommend which product you need and also a consistency that is suitable for you.

*The following recipes provide you with some handy hints and tips on how to make thickened drinks, and how to make pureed foods more interesting.*

## Resource® ThickenUp® Recipes

### Orange juice made with Resource® ThickenUp®

- Whilst stirring briskly with a dry fork, whisk or spoon, carefully add the required amount of **Resource® ThickenUp®** to chilled orange juice.
- Continue to stir until the Resource® ThickenUp® has completely dissolved and the required consistency\* has been achieved.

### Coffee made with Resource® ThickenUp®

- Whilst stirring briskly with a dry fork, whisk or spoon, carefully add **Resource® ThickenUp®** to coffee, which has been allowed to cool slightly.
- Continue to stir until the **Resource® ThickenUp®** has completely dissolved and the required consistency\* has been achieved.

\*As recommended by your health care professional

# Top Tips for Thickening Nutritional Supplements

You may have been prescribed ready to drink nutritional supplements to increase your energy and protein intake during times when you are unable to eat sufficient everyday foods and fluids to meet your energy demands.

Thickening nutritional supplements is easy...when you know how!



1. Use a suitably sized glass or cup.  
Trying to mix drinks in too small a cup results in spillage and will not allow you to mix effectively.
2. Use a whisk if possible. A fork is another alternative but try to avoid mixing with spoons - these are not ideal for thickening sip feeds.
3. Make sure that whatever you use to mix is dry.
4. Start whisking the sip feed before adding the thickener. Stirring for 15 seconds helps to disperse the fat throughout the feed.
5. Add the thickener in one go and immediately start to whisk or mix.
6. When the thickener has been thoroughly incorporated leave the sip feed or drink to stand for AT LEAST 20 seconds.
7. As the drink will thicken from the bottom up - give it another stir before serving.
8. Do not be tempted to add more thickener until you have followed all these instructions and allowed the sip feed or drink to stand for the required time.
9. A shaker can be used instead to shake together the thickener and the sip feed. If using this method shake the sip feed for 15 seconds prior to adding the thickener. When using this method do not over shake, as froth will form, which is difficult to settle.