An easy to use thickener for people with dysphagia

Swallowing Solutions for Everyday Life

Resource ThickenUp Clear

An easy to use thickener for people with dysphagia

Nestlé Health Science
For more information
www.ThickenUpClear.com
What is Dysphagia?

Dysphagia (pronounced “dis-fay-ja”) is a medical term for the difficulty or inability to swallow safely and efficiently.

The swallowing process is made up of 4 phases — the first phase starts with your lips and the last phase ends when food enters your stomach. Swallowing dysfunction along any point from your mouth to your throat (phases 1 to 3) can result in food and liquids entering the “wrong tube” and into your airway. This is known as oropharyngeal dysphagia (or simply dysphagia).

Conditions that may cause Dysphagia include:

- Stroke
- Progressive neurologic diseases, such as Parkinson’s, Multiple Sclerosis, ALS or Alzheimer’s disease
- Cerebral palsy
- Brain injury or tumors
- Head and neck cancer
- Injury or surgery to the head and/or neck

Symptoms of Dysphagia:

- Difficulty swallowing foods, liquids or saliva
- Frequent coughing or choking before or after swallowing
- An urge to swallow repeatedly
- A “wet” or gurgly voice, especially after swallowing
- Unintended weight loss
- Feel like you have a lump in your throat
- Food that gets stuck in your cheeks or the roof of your mouth

If you or someone you care for has experienced any of these symptoms, speak with a healthcare professional.
Is Dysphagia serious?

With the proper diagnosis and healthcare-professional-recommended dietary modifications including nutritional solutions, Dysphagia can be managed. However, if left untreated or undiagnosed, Dysphagia can compromise your health, cause less enjoyment of eating and drinking, and lead to embarrassment or isolation in social situations involving eating.

Potential health risks if untreated or undiagnosed:

• **Poor nutrition and dehydration:** Because weak throat muscles can make eating and drinking challenging, some people skip meals or avoid drinking beverages. This could result in the inability to consume enough foods and/or liquids to maintain proper nutrition and hydration.

• **Aspiration pneumonia or chronic lung disease:** Muscles in the throat typically block food and saliva from entering the airway and lungs. But as muscles weaken, food might go down the “wrong way” — into the lungs instead of the stomach and may lead to pneumonia.
Can Dysphagia be managed?

Yes, but first you must talk to your healthcare provider regarding your swallowing difficulties so that they can properly diagnose your condition.

If you’ve been diagnosed with Dysphagia, you will be given a customized plan that may include exercises to improve swallowing function and a modified diet to make eating and drinking more manageable to help you find pleasure in mealtime again.

Types of food that may require modification:
Some foods are more difficult for people with Dysphagia to swallow, such as:

- Foods that require a lot of chewing
- Foods that have many small particles, like seeds
- Dry and/or crumbly foods
- Foods that combine liquids and solids
- Thin liquids such as water and juice
- Foods that become liquid in your mouth, such as ice cream

But that shouldn’t stop you from enjoying meals with your friends and family. You might have to avoid some items, but by making small changes you can often continue to enjoy your favorite foods and beverages.
Ways to modify food and beverages:
With these types of modifications, swallowing can be much safer and more comfortable, and help assure you get the nutrition and hydration you need to maintain your health.

- Thickening your drinks to a more manageable consistency, reducing your chance of unsafe swallowing
- Pureeing your food to make it easier to swallow
- Adding moistening agents, such as gravy, to your food
Based on your condition and the standards set by the National Dysphagia Diet, your healthcare professional will be able to create your diet modification plan, including which liquid and solid food consistencies are right for you. Use this consistency guide to help assure your food and beverages are the proper consistency.

**Liquid Consistencies**:  
- **Thin**: All beverages are acceptable (no modifications required)  
- **Nectar-like**: The beverage coats and drips off a spoon, similar to unset gelatin  
- **Honey-like**: The liquid is thicker than “nectar-like” and flows off a spoon in a ribbon, just like actual honey  
- **Pudding-like**: Liquid stays on the spoon in a soft mass and “plops” off the spoon like pudding  

**Solid Food Consistencies**:  
- **Regular diet (Level 4)**: All foods are acceptable  
- **Dysphagia advanced (Level 3)**: Most foods are acceptable with the exception of hard, crunchy, stringy or sticky foods  
- **Dysphagia mechanically altered (Level 2)**: All food should be moist and easily mashed with a fork — meats can be ground or chopped into 1/4” pieces or smaller; vegetables should be well cooked and easy to chew  
- **Dysphagia pureed (Level 1)** — All solid foods should be pureed to a smooth cohesive texture without lumps
The clear nutritional solution for swallowing difficulties.

A non-starch based thickening powder for people with dysphagia.
The benefits are clear.

- Tasteless and lump-free
- No over-thickening with time
- Mixes clear in clear liquids
- Improves swallowing safety*2
- Easy to measure

*By reducing the risk of aspiration in dysphagia patients compared to thin liquids

Consider RESOURCE® ThickenUp® Clear for adults & children 3 years and older.

Learn more at ThickenUpClear.com
Experience the benefits of RESOURCE® ThickenUp® Clear.

An easy to use thickening powder.

Improves swallowing safety:
RESOURCE® ThickenUp® Clear powder is clinically shown to improve swallowing safety in people suffering from dysphagia by reducing the risk of aspiration compared to thin liquids².

Easy to use:

- Easy measuring*: NECTAR-LIKE: 1 x, HONEY-LIKE: 2 x, PUDDING-LIKE: 3-4 x
*when mixed with 4 fluid ounces of liquid
- Easy to consume: No over-thickening over time
- Easy to serve: No long waiting time; many beverages are ready to drink within 5 minutes

Additional Product Benefits:

- Mixes and dissolves easily in a wide range of foods and beverages: RESOURCE® ThickenUp® Clear powder can be used in beverages hot or cold and protein-containing
- Tasteless and odorless: Liquids mixed with RESOURCE® ThickenUp® Clear powder do not have alterations in taste or odor³
- Lump-free: It dissolves fully and easily without creating lumps in a wide variety of foods and beverages

Remains clear when mixed in water:
Starch-based thickener, No thickener, RESOURCE® ThickenUp® Clear

1 x 3-4 2 x 3
Where to Buy:

RESOURCE® ThickenUp® Clear
available online at:

NestléNutritionStore.com

and at select online retailers, including:

amazon.com

drugstore.com

Walgreens.com

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Learn how to puree properly.

When pureeing foods for an individual with dysphagia, the final consistency should be smooth and thick enough to scoop with a fork or spoon (very similar to that of mashed potatoes). To puree foods properly you’ll need the right equipment — common items which are probably already in your kitchen. A food processor works best for puree ing foods and achieving the desired consistency. However, a heavy-duty blender or hand mixer will also do the trick.

Helpful tips for puree ing to perfection:

- Make sure the food is tender and cut into small chunks so it can be pureed evenly
- Drain canned foods thoroughly, but save the liquid in case the consistency needs adjusting during pureeing
- Use hot, cooked meats, vegetables, casseroles and soups when pureeing. They’re softer and easier to puree to the proper consistency
- If needed, puree with additional liquid until a smooth consistency or paste is formed (typically required for meats, breads and desserts)
- Add powdered thickener (such as RESOURCE® ThickenUp® Clear instant thickening powder) if necessary
- While pureeing, scrape down the sides of the bowl or container to help incorporate any ingredients that get stuck to the side
- After pureeing, reheat or cool the meal before serving (as necessary)
Know which foods you can eat.

This may come as a surprise, but many of your favorite foods can still be part of your diet. Soft foods are a natural choice, but with some simple preparation, many food items can be pureed to a consistency that’s safe — but more importantly — enjoyable.

Foods you may be able to consume without any modification or added thickeners:

- **Cereals:** grits (creamy), cream of wheat or rice (pudding thickness)
- **Dairy:** yogurt (custard style), whipped topping, pudding, thick milkshakes (add thickener to maintain thickness when melted)
- **Fruits:** mashed bananas, canned pumpkin, applesauce, smooth canned pie fillings (no chunks of fruit)

(continued on following page)
• **Vegetables:** cooked mashed squash, mashed white or sweet potatoes

• **Soups:** smooth cream soups (e.g., tomato, cheese, creamy potato); should be thickened to appropriate liquid consistency recommendations

• **Condiments:** mayonnaise, sour cream, taco sauce, BBQ sauce, molasses, ketchup, mustard, honey or thick syrups, hollandaise and other cream-based sauces (e.g., cheese, white or smooth tomato)

• **Miscellaneous:** refried beans, polenta or corn meal mush, baby food (not runny), jellied cranberry sauce, baby rice cereal (a quick alternative for pureed rice)

Some foods that require pureeing before you consume them†:

• Various cooked meats

• Various cooked vegetables

• Fresh, frozen or canned fruit

• Prepared casseroles (e.g., macaroni and cheese, goulash)

• Meat or egg salads used for sandwich fillings (e.g., chicken, tuna)

• Soups or stews with soft vegetables and/or meat (e.g., chili, corn chowder)

• Soft pasta salads

• Soft cookies, brownies and moist cakes (without nuts, coconut or baking chips)

†To ensure the correct consistency is achieved, you may need to add a thickener, such as Nestlé Health Science’s RESOURCE® ThickenUp® Clear instant food and drink thickening powder
Visit Us Online.

For more tips and information, go to www.ThickenUpClear.com

- Recipes
- Dysphagia education
- RESOURCE® ThickenUp® Clear product description and benefits
Reference:


3. Nestlé Health Science.

www.NestleHealthScience.us
1-800-422-ASK2 (2752)