Swallowing Solutions for Everyday Life
Specialized nutritional products and tips to help manage dysphagia.

Reference:

www.NestleHealthScience.com/us • 1-800-422-ASK2 (2752)
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INTRODUCING!
THCK-11679-0912

A breakthrough thickener for people suffering from dysphagia
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
- Drooling
- A need 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 professional 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**:¹
- **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**:¹
- **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
A clearly advanced solution for your swallowing needs.

INTRODUCING

RESOURCE® ThickenUp® Clear

A new non-starch based thickening powder for people suffering from dysphagia.

Starch-based thickeners can present many challenges:

• Complicated to mix  • May alter the appearance of beverages  • May give beverages a starchy taste

Clearly, a solution is needed.

The benefits are clear.

• Tasteless and lump-free
• No over-thickening
• Improves swallowing safety*²
• Easy to measure
• More servings per ounce**
• Lower price per serving**

*By reducing the risk of aspiration in dysphagia patients compared to thin liquids
**As compared to the leading retail starch-based thickening powder

Consider RESOURCE® ThickenUp® Clear for adults & children greater than 3 years old.

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

A breakthrough thickening powder.

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

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

Advanced Product Benefits:
- Mixes and dissolves easily in a wide range of foods and beverages: RESOURCE® ThickenUp® Clear can be used in beverages hot or cold, protein-containing and acidic
- Tasteless and odorless: Liquids mixed with RESOURCE® ThickenUp® Clear do not have alterations in taste or odor
- 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

The value you desire in a variety of sizes.

Concentrated formula:
RESOURCE® ThickenUp® Clear has a concentrated formula for over 3x the servings of the leading retail starch-based thickener, and a lower price per serving!

- More servings per ounce = less to buy:
  RESOURCE® ThickenUp® Clear
  Leading retail starch-based thickener
  20 SERVINGS per ounce* VS. 3.5 SERVINGS per ounce*
  *RESOURCE® ThickenUp® Clear powder delivers 89 servings per 4.4 oz can versus 28 servings per 8 oz can of the leading retail starch-based thickener based on nectar consistency
- Fewer scoops to get the same consistency:
  RESOURCE® ThickenUp® Clear
  Leading retail starch-based thickener
  1 SCOOP per serving* VS. 5 SCOOPS per serving*
  *Based on nectar consistency

Try new RESOURCE® ThickenUp® Clear single-serve packets:
- On-the-go convenience
- Discreet to avoid attention
- Precise serving for consistent results

For more tips and information, go to ThickenUpClear.com

RESOURCE® ThickenUp® Clear is now available at your local retailer in the pharmacy section.
(Details on page 14)
Stay strong with proper nutrition.

Nestlé Healthcare Nutrition helps you manage dysphagia through a comprehensive line of nutritional products with modified beverage consistencies.

**RESOURCE® Thickened Coffee**

**Instant coffee mix**
- Rich, robust coffee flavor
- Decaffeinated
- Easy-to-use instant coffee—just add hot water, stir and serve
- Tastes great with NESTLE® COFFEE-MATE® powders
- Honey-like and Nectar-like consistencies
- Available in packets (75 to case)
- AVAILABLE EXCLUSIVELY ONLINE

**RESOURCE® Thickened Juices**

**Real fruit refreshment**
- Offers convenience and variety
- Available in Apple, Orange or Cranberry Juice Cocktail
- Fortified with vitamin C
- Good source of calcium to help maintain healthy bones
- Honey-like and Nectar-like consistencies
- Available in 6 pack of 8 fl oz cartons or 64 fl oz bottles
- APPLE AND ORANGE VARIETIES AVAILABLE IN SELECT STORES

**RESOURCE® Thickened Water**

**Naturally refreshing with a hint of lemon**
- Fresh water taste with a twist of lemon
- Can be mixed with instant flavor crystals for flavor variety
- Honey-like and Nectar-like consistencies
- Available in 8 fl oz cartons (case of 6 or 24)
- AVAILABLE EXCLUSIVELY ONLINE

**RESOURCE® Dairy Thick®**

**Thickened dairy beverage**
- Convenient, ready-to-drink, thickened product made with 2% reduced-fat milk
- Fortified with vitamins A and D plus 8 grams of protein per serving
- 50% more calcium than regular milk
- Available in Original and Vanilla flavors
- Can be mixed with NESTLE® COFFEE-MATE® powders for flavor variety
- Honey-like and Nectar-like consistencies
- Smooth and creamy texture
- Available in 8 fl oz cartons (case of 6 or 24)
- AVAILABLE EXCLUSIVELY ONLINE

Find these RESOURCE® thickened products and more on the new NestleNutritionStore.com (Details on page 14)
Everyday Tips for More Enjoyable Meals

Enjoy Your Meals, Every Day.

Rediscover the joys of mealtime. Get pureeing how-to’s and additional food tips to help make every meal easier and enjoyable.

Visit our site for helpful hints and great recipe ideas:
www.swallowing.nestlenutritionstore.com
Learn how to puree properly.

When pureeing foods, 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 pureeing foods and achieving the desired consistency. However, a heavy-duty blender or hand mixer will also do the trick.

Helpful tips for pureeing 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)

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**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 Healthcare Nutrition's RESOURCE® ThickenUp® Clear instant food and drink thickening powder

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**Visit Us Online.**

**For more tips and information, go to ThickenUpClear.com:**

- Recipes
- Dysphagia education
- RESOURCE® ThickenUp® Clear benefits
- Product availability at your local retailers
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