

THICK & EASY™ ORIGINAL

DESCRIPTION

A white powder consisting of modified maize starch and maltodextrin. Thick & Easy™ Original is a Food for Special Medical Purpose.

PRESENTATION

Thick & Easy™ Original is an instant food thickener starch based designed to be added directly to hot and cold foods and drinks. Thick & Easy™ Original is available in a 225g resealable tin and a 4.54kg catering pack.

Gluten and lactose free.

CONTRA-INDICATIONS

FOR ENTERAL USE ONLY
NOT SUITABLE FOR INFANTS UNDER 3 YEARS OF AGE

PRECAUTIONS

SHOULD ONLY BE USED UNDER MEDICAL SUPERVISION
NOT SUITABLE AS A SOLE SOURCE OF NUTRITION
INTENDED AS A FOOD THICKENER AND AS SUCH NOT INTENDED TO CONTRIBUTE SIGNIFICANTLY TO ENERGY INTAKE

INDICATIONS FOR USE

Thick & Easy™ Original is designed to easily thicken foods and fluids for patients who have difficulty swallowing (dysphagia). Conditions such as stroke, Parkinson's disease, muscular dystrophy, motor neurone disease, multiple sclerosis, malignancies of the oral cavity and throat, neurological disorders caused by injury or disease.

Thick & Easy™ Original is prescribable on FP10/GP10 for the thickening of food and drinks in dysphagia.

DIRECTIONS FOR USE

Thick & Easy™ Original can be added to all hot and cold liquids, and all types of hot or cold pureed foods to develop a thicker consistency and prevent aspiration.

Thickening liquids: Simply sprinkle in the desired amount (see table) and stir briskly with a whisk or fork until dissolved. The liquid will thicken within 1 minute of mixing.

Thickening larger quantities: Thick & Easy™ Original can be mixed into liquids using a food processor. Keep food/liquid refrigerated until ready to use.

Thickening pureed food: Add the desired quantity of Thick & Easy™ Original and blend until a smooth consistency develops. If the texture becomes thicker than required, simply add a small amount of liquid (water, juice, milk) and re-liquidise.

IDDSI	LEVEL 1*	LEVEL 2*	LEVEL 3*	LEVEL 4*
200ML	5 scoops	6 scoops	7 scoops	8 scoops

1 scoop = 1.5g

*International Dysphagia Diet Standardisation Initiative (IDDSI)



NUTRITIONAL COMPOSITION	Per 100g
ENERGY kcal (kJ)	373 (1561)
PROTEIN g	0.4
CARBOHYDRATE g	92.6
FAT g	<0.1
of which saturated fatty acids	<0.1
FIBRE g	0
SODIUM mg (mmol)	174 (7.4)
SALT g (Na x 2.5)	0.44

Other nutrients present in not clinically relevant amounts.

INGREDIENTS

Modified maize starch (E1442), maltodextrin.

STORAGE

Store in a cool place.

SHELF LIFE

Thick & Easy™ Original has a shelf life of 5 years from the date of manufacture. Once opened the tin should be resealed and kept in a cool, dry location (room temperature) and in a relatively odour free environment and can be stored for 3 years.

ORDER CODES

12 x 225 tin 7931333
4.5kg catering pack 7931334

Date of Preparation:
November 2021

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DYSPHAGIA

- › Thick & Easy® Instant Food and Drink Thickener
- › Thick & Easy® Clear Instant Food and Drink Thickener