

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 CHILDREN 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 for the dietary management of dysphagia. 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)				



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 225g tin 7931333

4.5kg catering pack 7931334

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.