FRESENIUS KABI
caring for life

Thick & Easy™ Clear cookbook

Rediscover the Joy of Eating

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Thickening Drinks and foods

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An **appetising and tasty diet plan** seems almost unmanageable whilst suffering from swallowing problems (Dysphagia). This can reduce your quality of life in an undesirable way. Due to swallowing difficulties the risk of dehydration and malnutrition increases.

Furthermore: simply blending and straining food to a homogeneous mash destroys any joy of eating and taste.

Living with dysphagia doesn't mean giving up on good meals!

Much of the appeal of food is visual. If a meal looks attractive, it can stimulate the appetite.

To sustain dysphagia patients' enjoyment of eating it is important to keep variety in the diet, individually preferred foods on the menu and to prepare meals appetising and attractive.

This booklet provides tips to prepare **tasty drinks and meals** and arrange them in an appetising way for dysphagia patients.
It gives guidance on the easy and safe use of Thick & Easy Clear.

What is Thick & Easy Clear?

Thick & Easy Clear is a gum based food and drinks thickener that gives a smooth and cohesive texture to your pureed food and reliably thickens your drinks for safe swallowing.

Thick & Easy Clear helps to achieve and retain a thicker viscosity and can be mixed with all kinds of food and drinks.

Thick & Easy Clear is food for special medical purposes, which have to be used under medical supervision. It is indicated for the dietary management of dysphagia patients. Please follow the diet modification instructions from your healthcare professional.

Important

Not suitable as a sole source of nutrition. For oral use only. Not suitable for children < 3 years. Intended for the use as a food and beverage thickener, not intended to contribute significantly to energy intake. Product contains fibre and sodium, please consider for overall diet. Ensure adequate fluid intake. When pureeing any food item, please ensure that there are no remaining lumps.

How to use Thick & Easy Clear?

1. **Please always use the measuring spoon that comes in the tin of Thick & Easy Clear** to use the right amount of powder to reach the recommended level of thickening.

2. Fill the desired amount of powder in a clean and dry mug, glass or bowl.

3. Quickly add the liquid and start stirring immediately.

4. Stir thoroughly but cautiously with a whisk or fork.

5. Allow to stand for a few minutes to reach the required consistency. Stir thickened food before serving.

When thickening blended food, you don't have to put the thickener in the empty container first, you can simply add the thickener to the blended food.

Check the level of thickening recommended by your healthcare professional and follow the instructions on the tin to reach the recommended level of thickening. You can't add additional powder afterwards to increase the level of thickening. Please keep this in mind.

Important

Dosage recommendation

Most dysphagia patients have a safer swallow with thickened drinks compared to thin liquids[1]. Everybody has their individual preferences for certain foods and drinks.

Your health care professional will let you know which level of thickness works best for you and they can help you adjust to thicker or thinner levels over time.

Please make sure that you thicken all your drinks / foods to the prescribed level.

Info
Spoon size = 1.4 g

- Required for a 200 ml drink
- Always level the spoon.
- Once prepared use promptly.

DOSAGE	POSSIBLE CONSUMPTION	DRINK CONSISTENCY	LEVEL
0 scoops		THIN	0
1 scoop		SLIGHTLY THICK	1
2 scoops		MILDLY THICK	2
3 scoops		MODERATELY THICK	3 LIQUIDISED
6 scoops		EXTREMELY THICK	4 PUREED

FOOD CONSISTENCY

** drinkable with a straw*
*** drinkable by sipping out of a glass or cup*
**** spoonable*

[1] J. A. Y. Cichero, C. Steele, J. Duivestein, P. Clave´, J. Chen, J. Kayashita, R. Dantas, C. Lecko, R. Speyer, P. Lam, J. Murray. *The Need for International Terminology and Definitions for Texture-Modified Foods and Thickened Liquids Used in Dysphagia Management: Foundations of a Global Initiative.* Curr Phys Med Rehabil Rep (2013); 1:280-291

Practical advice

- Do not stir into drinks or puréed foods which are hot (> 70°C). Let hot drinks and dishes cool down before thickening.
- To thicken carbonated drinks use a bigger stirring glass for the preparation. Stir until flat and then pour into a container with the ready amount of thickener.
- In order to ensure food safety, use probes to check the temperature at the different levels of preparation.
- To get creative with your dishes, use different moulds and different kinds of nozzles for piping bags.
- If your ingredients are too solid after the blending process, you have to add fluid (preferably nourishing liquids or water).

General tips for various ingredients

Vegetables

- Wash, peel and chop finely – a food processor may be used to save time.
- Steam, boil or microwave to cook. Cook until just soft to retain the maximum amounts of nutrients.
- Drain the vegetables, then place into a blender to purée. Add the required amount of liquid (sauce, stock or cream) to achieve smooth consistency. Purée each vegetable separately in order to retain the specific colour and taste and to keep it appetizing.
- Then add the required amount of Thick & Easy Clear.

Fish and meat

- Cook the meat until well done. Do not overcook – this will result in meat that is stringy or tough.
- Chop finely using a food processor or knife.
- Blend meat until a breadcrumb consistency is achieved.
- Add liquid (meat stock, gravy, milk, cream, or sauce) and blend again until a smooth, thick consistency is achieved.
- Then add the required amount of Thick & Easy Clear.

Fruit

- Use tinned fruit such as pears, peaches, mandarin or purée/ mix fresh fruits throughly. Drain the syrup.
- Then add the required amount of Thick & Easy Clear.

Soaking bakery products

- To prepare a soaking solution (e. g. for cake), add 100 ml liquid to 1-2 scoops
- Immediately dip both sides of a 1.5 cm thick slice of e.g. cake for a couple of seconds
- Place slice on a plate.
- Cover plate and put into fridge for at least 2 hours.
- Check the consistency and that soaking is completed before serving

Preparation

You are aiming for a thick, smooth consistency. With practice you will learn how to use the common kitchen equipment for the various recipes. The following pieces of equipment could be found in any household and may help in the preparation of delicious, really nice, appealing looking dysphagia-suitable food.

Mixer or blender

Useful for chopping, grating, slicing, whisking and blending.

Very helpful when making up smooth and thick meals. Also helpful in producing tasty, thickened drinks, e.g. those using stewed or tinned fruits.

Piping bag and various attachments

Piping bags can be used in the presentation of puréed foods, e.g. mashed potatoes. Various pasta shapes can be reformed by piping the mixture through a piping bag with nozzles of varying sizes and shapes.

Ice cream scoop

Can be useful by creating portions.

Sieve / strainer

Invaluable for removing lumps from gravies, soups, or puréed foods.

Moulds

Food-shaped moulds or even the common ice cube moulds are invaluable to reshape the puréed food in a creative and appetising way.

Moulding Tips

1. For fruits and vegetables:
   - Spread the pureed thickened food into the required mould
   - Cover with clingfilm

   For meat
   - Grease the mould
   - Spread the pureed, thickened meat into the mould

Wait a few minutes after moulding to allow proper thickening. You may use the food right away or freeze it in the moulds.

2. Once frozen, remove the food from the mould. The food will pop out like ice cubes.
3. Store the frozen moulded food in food tubs or bags and label with the food name and date.

   Please always process and label food according to food safety standards, e.g. once thawed, don't freeze again.

Recipes

Disclaimer: Image contains non-puree food items which should be avoided if following a strict puree diet.

Chicken **curry**

No. of servings
4

Ingredients

- *1 tbsp. vegetable oil (15 g)*
- *50 g onions, diced*
- *1 tsp. garlic puree (5 g)*
- *300 g chicken breast, diced*
- *1 tbsp. curry powder (mild madras)*
- *150 g potatoes, diced*
- *1 tbsp. tomato puree (15 g)*
- *300 ml chicken stock*
- *100 ml coconut milk*
- *400 ml tinned chopped tomatoes*
- *Salt and pepper to taste*
- *Thick & Easy™ Clear*

Preparation

1. Heat the oil in a saucepan, gently sweat the onions and garlic for a couple of minutes. Increase the heat and add the diced chicken. Stir in until the flesh starts to firm up and cook.
2. Add the curry powder, stir and cook for a further 5 minutes. Add the chicken stock, coconut milk and chopped tomatoes, simmer for 30–40 minutes. Add the diced potatoes and tomato puree. Bring to the boil and reduce the sauce whilst stirring constantly. Ensure that the ingredients do not stick to the base of the pan.
3. Remove from the heat and season to taste. Allow to cool slightly, then blend until smooth.
4. Add liquid and thicken with Thick & Easy Clear to achieve desired consistency. For instructions on how to use Thick & Easy Clear, see chapter 'How to use Thick & Easy Clear'.

Nutritional information per serving*

Energy kcal	*268*
Protein g	*21*
Fat g	*15*
Carbohydrate g	*12*
Fibre g	*3*

No. of servings
4

Ingredients
- *1 tbsp. oil (15 g)*
- *50 g butter/milk/cream*
- *350 g carrots*
- *300 g peas*
- *600 g of pork fillet*
- *1 kg potatoes*
- *Salt and pepper to taste*
- *Thick & Easy Clear*

Nutritional information per serving*

Energy kcal	390
Protein g	41
Fat g	5
Carbohydrate g	41
Fibre g	7

Pork fillet with **carrots, peas** and mash **potatoes**

Preparation

1. Boil the carrots, peas and potatoes in separate pots. Mash potatoes with butter, cream or milk.
2. Liquidise mash potatoes, peas and carrots separately and thicken each of them with Thick & Easy Clear until they get a smooth consistency. For instructions on how to use Thick & Easy Clear, see chapter 'How to use Thick & Easy Clear'.
3. Fry pork fillets in oil and season them with salt and pepper. Let them cool, liquidise and thicken with Thick & Easy Clear according to instructions until they get a smooth consistency.
4. Mould the fillet in an appetizing form on a plate and place the vegetables nicely.

For online video please visit: **www.fresubin.com**

No. of servings
4

Ingredients
- *400 g spaghetti*
- *250 g tomato passata*
- *200 g minced beef*
- *1 onion (150 g)*
- *1 carrot (50 g)*
- *1 clove of garlic*
- *50 g parmesan cheese*
- *1 tbsp. olive oil (15 g)*
- *Salt and pepper to taste*
- *Thick & Easy Clear*

Spaghetti bolognese

Preparation

1. Boil spaghetti as per instructions and make sure to overcook it slightly.
2. Peel and finely chop the onion, garlic and carrot. Fry them together in a saucepan with a drop of olive oil and add a pinch of salt.
3. Add the minced beef. Cook for 15 minutes – stirring often to break up the meat pieces. Add some water and cook for a further 5 minutes to soften meat. Then blend and add Thick & Easy Clear to achieve a smooth consistency.
4. Blend the tomato passata. Blend the boiled spaghetti with water, parmesan cheese and a drop of olive oil to achieve a smooth consistency.

Tips
For a vegetarian meal rich in protein you may use soy instead of beef

Nutritional information per serving*

Energy kcal	588
Protein g	30
Fat g	17
Carbohydrate g	76
Fibre g	5

For online video please visit: **www.fresubin.com**

Poached **salmon filet** with vegetables

No. of servings
1

Ingredients
- *1 onion (110 g)*
- *1 bay leaf*
- *1 clove*
- *parsley*
- *Salt and pepper to taste*
- *100 g salmon medallion*
- *100 g broccoli*
- *100 g creamed potatoes*
- *3 tbsp. sour cream (40 g)*
- *Thick & Easy Clear*

Tips
For fresher taste, add some thickened lemon juice

Nutritional information per serving*

Energy kcal	423
Protein g	29
Fat g	19
Carbohydrate g	27
Fibre g	9

Preparation

1. Make a stock, using water, an onion, a bay leaf, a clove, parsley, salt and pepper.
2. Place the salmon medallion (skinned & boneless) in the boiling stock. The medallion must be covered with stock.Leave to simmer for about 10 to 15 minutes.
3. Puree 100 g of cooked salmon filet with 100 ml of the stock with a puree mixer. Thicken with Thick & Easy Clear to achieve a smooth consistency. For instructions on how to use Thick & Easy Clear, see chapter 'How to use Thick & Easy Clear'.
4. If you have a mould to shape a salmon filet, spread mixture into the mould. Tips on moulding are shown in the section 'Moulding food'.
5. For sauce, strain some stock & add sour cream. Thicken 100 ml with Thick & Easy Clear.
6. Cook the broccoli in salted water. Take 100 g of broccoli and 20 ml of the water it was cooked in and puree. Thicken with Thick & Easy Clear. If you have a mould for broccoli, spread the mixture into the mould. Prepare the creamed potatoes and thicken with Thick & Easy Clear according to instruction.
7. To serve, use a pasta or potato press to arrange the creamed potatoes on the plate.

Disclaimer: Image contains non-puree food items which should be avoided if following a strict puree diet.

Preparation

1. In a medium bowl, whip the cream then add sugar, vanilla sugar and yoghurt.
2. Liquidise and add the required amount of Thick & Easy Clear. For instructions on how to use Thick & Easy Clear, see chapter 'How to use Thick & Easy Clear'.
3. Mix amaretto/espresso and biscuits, liquidise and thicken with Thick & Easy Clear to achieve a smooth consistency.
4. Blend frozen raspberries, liquidise, strain and add required amount of Thick & Easy Clear to achieve a smooth consistency. Layer the biscuits, cream and raspberries into 4 cups and serve.

Raspberry **trifle**

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No. of servings
4

Ingredients
- *300 g frozen raspberries, thawed*
- *250 ml cream*
- *30 g white sugar*
- *150 g plain yoghurt*
- *1 packet vanilla sugar*
- *100 g biscuits*
- *120 ml amaretto or espresso*
- *Thick & Easy Clear*

Tips
Add spices to taste.

Nutritional information per serving*

Energy kcal	385
Protein g	6
Fat g	23
Carbohydrate g	34
Fibre g	4

Marble cake with **coffee cream**

No. of servings

1

Ingredients

- *Soaking solution (e.g. Fruit juice)*
- *Marble cake (or another type of cake)*
- *The cake should not contain any nuts, raisins or similar*
- *Neither should it be coated with chocolate or plain icing*
- *Milk*
- *Instant coffee*
- *Sugar*
- *Thick & Easy Clear*

Nutritional information per serving*

Depending on the cake used for the recipe

Preparation

1. With 125 ml liquid, e.g. fruit juice or water, and 1 measuring spoon of Thick & Easy Clear make a solution into which you immediately dip both sides of a 1.5 cm thick slice of marble cake for a couple of seconds.
2. Place slice of cake on a plate. Cover plate and put into fridge for at least 2 hours.
3. Mix 100 ml of milk with 1 tablespoon of instant coffee, adding sugar to taste.
4. Use Thick & Easy Clear to make a frothy consistency. For instructions on how to use Thick & Easy Clear, see chapter 'How to use Thick & Easy Clear'.
5. Using an ice cream scoop or piping bag, decoratively arrange coffee cream and cake on a plate.

Mint **tea**

Preparation

1. Roughly tear the leaves with your hands and place them in a small strainer placed over a teapot or glass bowl.
2. Bring the water to a boil and pour over the leaves. The water should cover the leaves in the strainer. Cover the teapot or bowl and let the leaves steep for at least 5 to 10 minutes.
3. Gently press the mint leaves with the back of a wooden spoon or a muddler to release the oils, then remove the strainer pressing on the leaves to extract as much liquid as possible.
4. Let it cool down to < 70° C. Fill the desired amount of Thick & Easy Clear into a cup. Pour water into a tea cup or mug and sweeten with honey for desired taste. For instructions on how to use Thick & Easy Clear, see chapter 'How to use Thick & Easy Clear'.

Disclaimer: Image contains non-puree food items which should be avoided if following a strict puree diet.

No. of servings

1

Ingredients

- *A large handful of fresh mint leaves (organic) or from your garden (15 g)*
- *About 2 cups/240 ml filtered water (depending on how strong you want your tea)*
- *Honey to taste (20 g)*
- *Thick & Easy Clear*

Tips

For iced mint tea: follow the directions above adding sweetener if using while the tea is still warm, then store in the fridge until ready to serve. Add Thick & Easy Clear as per instructions.

Nutritional information per serving*

Energy kcal	*70*
Protein g	*1*
Fat g	*0*
Carbohydrate g	*17*
Fibre g	*1*

Orange **juice**

No. of servings
1

Ingredients
- *4 ripe oranges (480g)*
- *Honey or sugar to taste (20g)*
- *Thick & Easy Clear*

Tips
For seasonal flavour differences, add spices such as cinnamon

Nutritional information per serving*

Energy kcal	*276*
Protein g	*5*
Fat g	*1*
Carbohydrate g	*55*
Fibre g	*8*

Preparation

1. Cut each orange in half. Put Thick & Easy Clear into a glass.
2. Squeeze each half orange. You may also use a squeezer to do this. Strain the juice before pouring into the glass with Thick & Easy Clear. When using concentrated juices, pour the desired amount into the glass.
3. If the juice is not sweet enough, sweeten with honey or sugar to desired taste.
4. Mix the juice using a whisk. For instructions on how to use Thick & Easy Clear, see chapter 'How to use Thick & Easy Clear'.

Notes

Thick & Easy™ Clear

For thickening in the most appetizing way so food and beverages retain their original taste.
A clear solution for safe swallowing for dysphagia patients

Different materials such as delicious recipes are also available online. For detailed information please explore our online content: **www.fresubin.com**

*Nutritional information estimated according to Souci • Fachmann • Kraut database and USDA Food Composition Databases.
Images may contain non-puree food items which should be avoided if following a strict puree diet.
Pictures shown are serving suggestions and for illustration purpose only. Dishes may vary due to production processes.
Allergens may be present, please check individual product and ingredients labels.

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7395451/2 (08.20/AC)