



ThickenUP[®]
clear

Thickened Oral Nutritional Supplement – Boost[®] 1.5



INGREDIENTS

1/2 cup (125 mL) Vanilla Boost[®] 1.5

1 scoop (4 mL/1.4 g) ThickenUp[®] Clear

DIRECTIONS

1. In a cup, measure 1 scoop ThickenUp[®] Clear.
2. Add half (1/4 cup) of Vanilla Boost[®] 1.5. Stir with spoon or whisk for 15 seconds or until powder is well dissolved. Immediately add remaining Vanilla Boost[®] 1.5 and combine for another 15 seconds. Allow 15 minutes to reach desired consistency before serving.

Note: For IDDSI LEVEL 3, in a cup, measure 2 scoops ThickenUp[®] Clear.

PREP TIME: 5 minutes

COOK TIME: 0 minutes

TOTAL TIME: 5 minutes

+ 15 minutes standing time

MAKES: 1 serving (125 mL)

NUTRITION INFO - PER SERVING

Calories 190

Protein 7 g

Fat 7 g

Carbohydrate 25 g

Fibre 2 g

Sugars 13 g

Sodium 120 mg