Make it a Season of Sun, Fun & Flavor

With the Thick-It® Brand's Summer Guidebook

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Summer brings longer days and warmer nights, campfires and cookouts, festivals and family reunions.

For people with dysphagia, it can also bring an increased risk of dehydration and a fear of missing out. While living with dysphagia does require extra planning and preparation, it doesn't mean you can't enjoy good times outdoors and get-togethers with family and friends.

The makers of the Thick-It® brand, the #1 retail brand of dysphagia nutrition solutions, are pleased to present these recipes, tips, and ideas to help you and your loved ones enjoy the best that summer has to offer—even if you travel no further than your own backyard.

Stay Active Inside and Out

When sunny skies and warmer temperatures call us outside—go! Whether you visit a local park, beach, or your own back yard, fresh air and sunshine can have a beneficial effect on body, mind, and mood.

Exposure to sunlight, even for a short time, helps your body generate vitamin D—a necessary nutrient for a healthy brain, bones, and muscles. Some doctors even prescribe sunlight as a source of vitamin D, which research has shown can improve cognitive function and mood.[1]

If your health and mobility allow, take in a major league baseball game, a grandchild's soccer match, or an outdoor concert or festival.

Have a backyard bonfire and sing- along. Share stories of the past or create new ones by going around the circle having each person add the next sentence.[2] You'll be amazed at where your imaginations will lead you.

Making frozen juice pops with Thick-It® Clear Advantage® Ready-to-Drink fruit juices is a fun way to spend time with the younger members of the family.

You can even relive the childhood fun of playing in the sprinklers! Set up a cooling oasis in your back yard with a garden hose and a simple mister from your local hardware store.[1] The fine mist can bring temperatures down by as much as 20°, creating a cooling atmosphere for adults and kids alike.[3]

Yoga provides a fun, gentle way to relax the body and mind.

And the poses can be adapted to each person's abilities. These seated poses can help lubricate the joints, stretch the muscles, and strengthen the core for improved balance.[4]

Seated Mountain Pose

- Sit toward the front of a straight-back chair without arms.
- Keep your spine straight, feet flat on the floor with ankles directly under your knees, and your hands on your knees.
- Feel your lower body pressing into the chair while lifting your chest and head up, lengthening the spine.[5]

Seated Twist

- Begin in seated mountain pose, and put your left hand on your right knee and your right hand on your right hip.
- Take a deep breath, then gently breathe out while turning your body to the right, looking over your right shoulder.
- Feel the gentle stretch for a few seconds. As you exhale, rotate back to center, then repeat the pose on your left side.[4]

Bellows Pose

to Stimulate the Breath, Abdominal Muscles, and Digestion

- Sit facing forward and reach your arms up overhead, fingers toward the ceiling.
- Take a deep breath in and, as you breathe out, begin to lift your right knee up toward your chest as your hands come down to grab your thigh or shin briefly.
- With your next inhale, release the leg down and reach the arms up again.
- Exhale, lifting the left knee up toward your chest and reaching your hands down to grab that leg.
- Inhale, release the left leg, reach arms up overhead.
- With your next exhale, bring your hands down to rest on your thighs, reaching your heart forward and down, folding your torso over your lap as far as is comfortable.
- Inhale back up, reaching the arms high, preparing for another round.
- Repeat this—right knee in, left knee in, fold toward both knees—with the flow of your breath a few times in full.
- If it's uncomfortable to lift and reach for your legs, you can perform this sequence by exhaling and folding the chest gently over the right knee, and then the left, and then centered over both.[4]

With any activities, be sure to watch your loved one for signs of fatigue, thirst, sunburn, and overheating that could signal it's time to take a break.[1]

Cheers to Good Hydration

Dehydration is a serious condition. Just four hours without water can lead to a drop in energy, mood, and cognitive function.[6] Staying well hydrated during the heat and humidity of summer can be a challenge for anyone, especially for people with swallowing difficulties.

While water is essential for staying hydrated, it doesn't provide the electrolytes a body needs to feel and function at its best. In our mission to enhance life for people with dysphagia and the people who love them, the Thick-It® team partnered with the Sqwincher® brand of hydration solutions to provide a variety of options for staying hydrated at home or on-the-go.

Have some now, save some for later. Our ready-to-drink beverages come in resealable, single-serve bottles and last up to 24 hours, so you can drink at your leisure. Pre-measured and mixed to IDDSI standards, Thick-It® ready-to-drink beverages and thickeners take the guess work and worry out of providing appropriate hydration for loved ones with dysphagia. Choose from a variety of flavors and formulations to stay hydrated all summer long.

NEW—Clear Advantage® Plus Electrolytes Thickened Beverages are pre-mixed with essential electrolytes to help your body stay balanced and hydrated. Available in refreshing Grape and Fruit Punch flavors, Clear Advantage® Plus Electrolytes Thickened Beverages are ready-to-drink whenever you are, no measuring or mixing required.

Clear Advantage® HydraICE™ Electrolyte Freezer Pops provide the electrolytes our bodies need to stay hydrated and balanced in a refreshing, pineapple-flavored freezer pop.

Clear Advantage® Thickened Water + Sugar Free, Low Calorie Sqwincher® Qwik Stik® ZERO Combo Pack gives your water an electrolyte boost. Available in thirst-quenching Mixed Berry and Lemonade flavors, Qwik Stik® ZERO single-serve packets mix easily with regular water as well as Thick-It® Clear Advantage® thickened water for those with dysphagia.

Thick-It® Clear Advantage® Ready-to-Drink Beverages make it easy to take pre-thickened bottles of water, juice, coffee, or tea with you wherever you go without measuring or mixing.

Thick-It® Original Food & Beverage Thickener Single-Serve packets are pre-portioned for either mildly thick or moderately thick consistencies. Carry a few in your pocket or purse to safely thicken water or other beverages you get when on-the-go.

Stir Up a Cool Summer Quencher

Sharing a cold drink on a hot day with family and friends is one of summer's greatest pleasures. Try these easy-to-mix beverages at your next get-together.

Thick-It®
Arnold Palmer Mocktail

Yield: 3 Servings | Serving Size: 8 fl oz

Ingredients

12 fl oz	Clear Advantage® Thickened Water, Mildly Thick (MT2) or Clear Advantage® Thickened Water, Moderately Thick (MO3)
2 Tbsp	Lemonade Powder
12 fl oz	Clear Advantage® Thickened Tea, Mildly Thick (MT2) or Clear Advantage® Thickened Tea, Moderately Thick (MO3)

Directions

1. Wash hands before beginning preparation. Sanitize surfaces and equipment.
2. Pour Clear Advantage® Thickened Water into a liquid measuring cup or pitcher.
3. Add lemonade powder. Whisk briskly until powder has dissolved.
4. Add Clear Advantage® Thickened Tea to thickened lemonade mixture. Stir until well combined.
5. Pour 8 fl oz into a tall glass and serve immediately. If not serving immediately, then cover and hold at 40°F or less until service (CCP).
6. Test prepared recipe per IDDSI Testing Methods. Refer to IDDSI.org for details.
7. Discard any unused portions of prepared recipe.

Nutrition Information
Per Serving

2 MILDLY THICK
- Calories 39
- Sodium 95 mg
- Total Carbohydrates 11 g
- Total Sugars 8 g
- Added Sugars 8 g
- Vitamin C 3 mg
- Calcium 22 mg
- Potassium 13 mg

3 MODERATELY THICK
- Calories 41
- Sodium 117 mg
- Total Carbohydrates 11 g
- Total Sugars 8 g
- Added Sugars 8 g
- Vitamin C 3 mg
- Calcium 23 mg
- Potassium 13 mg

Thick-It® Appletini Mocktail

Yield: 6 Servings | Serving Size: 5 fl oz

Ingredients

6 fl oz	Clear Advantage® Thickened Water, Mildly Thick (MT2) or Clear Advantage® Thickened Water, Moderately Thick (MO3)
3 Tbsp	Lemonade Powder
24 fl oz	Clear Advantage® Thickened Apple Juice, Mildly Thick (MT2) or Clear Advantage® Thickened Apple Juice, Moderately Thick (MO3)

Directions

1. Wash hands before beginning preparation. Sanitize surfaces and equipment.
2. Pour Clear Advantage® Thickened Water into a liquid measuring cup or pitcher.
3. Add lemonade powder. Whisk briskly until powder has dissolved.
4. Add Clear Advantage® Thickened Apple Juice to thickened lemonade mixture. Stir until well combined.
5. Pour 5 fl oz into a cocktail or martini glass and serve immediately. If not serving immediately, then cover and hold at 40°F or less until service (CCP).
6. Test prepared recipe per IDDSI Testing Methods. Refer to IDDSI.org for details.
7. Discard any unused portions of prepared recipe.

Nutrition Information

Per Serving

2 MILDLY THICK

- Calories 81
- Sodium 48 mg
- Total Carbohydrates 22 g
- Total Sugars 19 g
- Added Sugars 6 g
- Protein 1 g
- Vitamin C 47 mg
- Calcium 6 mg
- Potassium 100 mg

3 MODERATELY THICK

- Calories 86
- Sodium 61 mg
- Total Carbohydrates 22 g
- Total Sugars 19 g
- Added Sugars 6 g
- Protein 1 g
- Vitamin C 47 mg
- Calcium 7 mg
- Potassium 102 mg

Thick-It®
Punch Bowl Mocktail

Yield: 3 Servings | Serving Size: 8 fl oz

Ingredients

8 fl oz	Clear Advantage® Thickened Apple Juice, Mildly Thick (MT2) or Clear Advantage® Thickened Apple Juice, Moderately Thick (MO3)
8 fl oz	Clear Advantage® Thickened Cranberry Juice Blend, Mildly Thick (MT2) or Clear Advantage® Thickened Cranberry Juice Blend, Moderately Thick (MO3)
8 fl oz	Clear Advantage® Thickened Orange Juice Blend, Mildly Thick (MT2) or Clear Advantage® Thickened Orange Juice Blend, Moderately Thick (MO3)

Directions

1. Wash hands before beginning preparation. Sanitize surfaces and equipment.
2. Pour Clear Advantage® Thickened Apple Juice into a large pitcher or liquid measuring cup.
3. Add Clear Advantage® Thickened Cranberry Juice Blend.
4. Add Clear Advantage® Thickened Orange Juice Blend.
5. Stir to combine.
6. Pour 8 fl oz into a cocktail glass and serve immediately. If not serving immediately, then cover and hold at 40°F or less until service (CCP).
7. Test prepared recipe per IDDSI Testing Methods. Refer to IDDSI.org for details.
8. Discard any unused portions of prepared recipe.

Nutrition Information
Per Serving

2 MILDLY THICK
- Calories 114
- Sodium 66 mg
- Total Carbohydrates 29 g
- Total Sugars 26 g
- Vitamin C 90 mg
- Potassium 257 mg

3 MODERATELY THICK
- Calories 117
- Sodium 85 mg
- Total Carbohydrates 29 g
- Total Sugars 26 g
- Vitamin C 90 mg
- Potassium 259 mg

Thick-It® Sunrise Mocktail

Yield: 2 Servings | Serving Size: 8 fl oz

Ingredients

4 fl oz	Clear Advantage® Thickened Cranberry Juice Blend, Mildly Thick (MT2) or Clear Advantage® Thickened Cranberry Juice Blend, Moderately Thick (MO3)
8 fl oz	Clear Advantage® Thickened Orange Juice Blend, Mildly Thick (MT2) or Clear Advantage® Thickened Orange Juice Blend, Moderately Thick (MO3)

Directions

1. Wash hands before beginning preparation. Sanitize surfaces and equipment.
2. Pour Clear Advantage® Thickened Cranberry Juice Blend into a liquid measuring cup or pitcher.
3. Add Clear Advantage® Thickened Orange Juice Blend and mix lightly.
4. Pour 8 fl oz into a tall glass or champagne flute and serve immediately. If not serving immediately, then cover and hold at 40°F or less until service (CCP).
5. Test prepared recipe per IDDSI Testing Methods. Refer to IDDSI.org for details.
6. Discard any unused portions of prepared recipe.

Nutrition Information

Per Serving

2 MILDLY THICK

- Calories 113
- Sodium 65 mg
- Total Carbohydrates 28 g
- Total Sugars 25 g
- Protein 1 g
- Vitamin C 91 mg
- Potassium 234 mg

3 MODERATELY THICK

- Calories 113
- Sodium 80 mg
- Total Carbohydrates 28 g
- Total Sugars 25 g
- Protein 1 g
- Vitamin C 91 mg
- Potassium 236 mg

Thick-It® Virgin Manhattan

Yield: 4 Servings | Serving Size: 5 fl oz

Ingredients

12 fl oz	Clear Advantage® Thickened Cranberry Juice Blend, Mildly Thick (MT2) or Clear Advantage® Thickened Cranberry Juice Blend, Moderately Thick (MO3)
6 dashes	Aromatic Bitters
8 fl oz	Clear Advantage® Thickened Apple Juice, Mildly Thick (MT2) or Clear Advantage® Thickened Apple Juice, Moderately Thick (MO3)
1/4 tsp	Vanilla Extract (non-alcoholic)

Directions

1. Wash hands before beginning preparation. Sanitize surfaces and equipment.
2. Pour Clear Advantage® Thickened Cranberry Juice Blend into a liquid measuring cup or pitcher.
3. Add bitters. In another liquid measuring cup or pitcher, pour Clear Advantage® Thickened Apple Juice.
4. Add vanilla extract to thickened apple juice. Stir until well combined.
5. Pour thickened apple juice mixture over thickened cranberry juice blend. Stir until well combined.
6. Pour 5 fl oz into a cocktail glass and serve immediately. If not serving immediately, then cover and hold at 40°F or less until service (CCP).
7. Test prepared recipe per IDDSI Testing Methods. Refer to IDDSI.org for details.
8. Discard any unused portions of prepared recipe.

Nutrition Information

Per Serving

2 MILDLY THICK

- Calories 73
- Sodium 40 mg
- Total Carbohydrates 19 g
- Total Sugars 18 g
- Vitamin C 57 mg
- Potassium 201 mg

3 MODERATELY THICK

- Calories 75
- Sodium 51 mg
- Total Carbohydrates 20 g
- Total Sugars 18 g
- Vitamin C 57 mg
- Potassium 203 mg

Puréed Barbecue Beef Sandwich

For lunch or dinner, this sweet and tangy sandwich will leave you wanting more.

Directions

1. Prepare PU4 Bread: Place bread slices on a sheet pan in an even layer. Pour Thick-It® Clear Advantage® Thickened Water Mildly Thick (Nectar) over bread. Cover with plastic film and refrigerate. Allow bread to thoroughly soak for 2–4 hours or overnight.
2. Place Thick-It® Beef in Barbecue Sauce Purée–Smoke Flavor Added in a microwave-safe bowl and cover. Microwave on high for 30–60 seconds until hot and steaming (165°F). Stir. Hold at 140°F or higher until served.*

   ALTERNATIVE METHOD: Place Thick-It® Beef in Barbecue Sauce Purée–Smoke Flavor Added in a sauce pan. Heat until hot and steaming (165°F), stirring occasionally. Hold at 140°F or higher until served.
3. Test Thick-It® Beef in Barbecue Sauce Purée–Smoke Flavor Added and prepared PU4 Bread per IDDSI Testing Methods (Puréed Diet, PU4) using the Fork Drip Test and Spoon Tilt Test. Refer to IDDSI.org for details.
4. To serve, place 1 slice of prepared PU4 Bread on bottom of serving dish. Top with 1/3 cup of Thick-It® Beef in Barbecue Sauce Purée–Smoke Flavor Added and remaining slice of prepared PU4 Bread. May form as an open-faced sandwich, if desired. Serve immediately.
5. Discard any unused portions of prepared recipe.

Yield: 1 Serving

Ingredients

2 slices (1 oz)	White bread, sliced with crust removed
1/2 cup	Thick-It® Clear Advantage® Thickened Water Mildly Thick (Nectar)
1/3 cup	Thick-It® Beef in Barbecue Sauce Purée—Smoke Flavor Added

Serving Size

1/3 cup of Thick-It® Beef in Barbecue Sauce Purée—Smoke Flavor Added

2 slices of prepared PU4 Bread

Presentation Suggestions

1. Cut prepared PU4 Bread into a round or other appealing shapes before soaking. Serve 2 slices per serving. Place 1 slice on bottom of serving dish and another slice to top sandwich. May form as an open-faced sandwich, if desired.
2. Meat is thickened for piping presentation. Before heating, add 1 Tbsp of Thick-It® Original Food & Beverage Thickener per 1/3 cup of Thick-It® Beef in Barbecue Sauce Purée—Smoke Flavor Added. Heat and hold as instructed above.
3. To thicken Barbecue Sauce for piping presentation, add 1 Tbsp of Thick-It® Original Food & Beverage Thickener per 1/4 cup of prepared Barbecue Sauce in a sauce pan. Mix well. Heat sauce on cook top until hot and steaming (165°F), stirring occasionally. Hold at 140°F or higher until served.
4. Pipe ingredients separately using heat-resistant pastry bag and piping tips. Pipe Thick-It® Beef in Barbecue Sauce Purée – Smoke Flavor Added onto bottom slice of prepared PU4 Bread. Pipe thickened BBQ sauce. Top with remaining slice. Serve immediately.

See Page 13 for Nutrition Facts

Puréed Southwest Style Chicken Tacos

Thick-It® Purées make it easy to enjoy this Mexican restaurant favorite in the comfort of your own home.

Yield: 1 Serving

Ingredients

1/3 cup	Thick-It® Seasoned Chicken Patty Purée
1/3 cup	Thick-It® Sweet Corn Purée
2 Tbsp	Tomato Sauce, Canned
1/2 tsp	Taco Seasoning, Salt-Free
1 tsp	Thick-It® Original Food & Beverage Thickener

Optional

1/3 cup	Thick-It® Mixed Fruit and Berry Purée

Directions

1. Place Thick-It® Seasoned Chicken Patty Purée in a microwave-safe bowl and cover. Microwave on high for 30–60 seconds until hot and steaming (165°F). Stir. Hold at 140°F or higher until served.*
2. Place Thick-It® Sweet Corn Purée in a microwave-safe bowl and cover. Microwave on high for 30–60 seconds until hot and steaming (165°F). Stir. Hold at 140°F or higher until served.*
3. In a sauce pan, combine tomato sauce with taco seasoning and Thick-It® Original Food & Beverage Thickener. Mix well.
4. Heat sauce on cook top until hot and steaming (165°F), stirring occasionally. Hold at 140°F or higher until served.
5. Test Puréed Southwest Style Chicken, Puréed Southwest Style Corn, and Thickened Tomato Sauce per IDDSI Testing Methods (Puréed Diet, PU4) using the Fork Drip Test and Spoon Tilt Test. Refer to IDDSI.org for details.
6. Portion with 1/4 cup of Puréed Southwest Style Corn on bottom of serving dish. Place 1/3 cup of Puréed Southwest Style Chicken on top. Top with 3 Tbsp of Thickened Tomato Sauce. Serve immediately.
7. Discard any unused portions of prepared recipe.

Serving Size

1/3 cup of Puréed Southwest Style Chicken

1/4 cup of Puréed Southwest Style Corn

3 Tbsp of Thickened Tomato Sauce

Presentation Suggestions

1. Puréed meat is thickened for piping presentation. Before heating, add 1 tsp of Thick-It® Original Food & Beverage Thickener per 1/3 cup of Thick-It® Seasoned Chicken Patty Purée. Heat and hold as instructed above.
2. To create a taco-like appearance, pipe ingredients separately using heat-resistant pastry bag and piping tips. Pipe Puréed Southwest Style Corn into round or other appealing shape on bottom of serving dish to resemble a tortilla. Pipe Puréed Southwest Style Chicken onto tortilla and top with piped Thickened Tomato Sauce. Serve immediately.

Serving Suggestion

If desired, serve 1/3 cup of Thick-It® Mixed Fruit and Berry Purée on the side. Test fruit per IDDSI Testing Methods (Puréed Diet, PU4) using the Fork Drip Test and Spoon Tilt Test before serving. Refer to IDDSI.org for details.

*ALTERNATIVE METHOD: Put Thick-It® Purée in a sauce pan. Heat until hot and steaming (165°F), stirring occasionally. Hold at 140°F or higher until served.

See Page 13 for Nutrition Facts

Nutrition Facts

Page 11 | Puréed Barbecue Beef Sandwich

Nutrition Information
Per Serving

- Calories 321
- Protein 19.39 g
- Total Carbohydrates 35.30 g
- Total Fat 10.99 g
- Sodium 767.88 mg
- Cholesterol 43 mg

Page 12 | Puréed Southwest Style Chicken Tacos

Nutrition Information
Per Serving

- Calories 177
- Protein 16.17 g
- Total Carbohydrates 15.13 g
- Total Fat 6.32 g
- Sodium 683.39 mg
- Cholesterol 104 mg

DINING WITH DIGNITY™ All Season Long

For all the delicious flavors that summertime offers, meals with others can actually cause anxiety and embarrassment for people with swallowing difficulties. Here are a few ways to help loved ones with dysphagia proudly take their seat at the table.

Set the Stage

Create a well-lit, inviting environment without loud noises and distractions. And serve your loved one the same foods others are eating, modified for their swallowing abilities.[7]

Stay Engaged

Let your loved one weigh-in on their preferences for what, where, and when they eat.

Plan an Outing

Plan an Outing—Let your loved one choose the restaurant and order their meal. Contact the restaurant in advance to alert them to the diner's special requirements.[8]

Help your loved one maintain their clothing and appearance

Cravaat® scarves offer a variety of discreet and stylish garments that protect clothing from spills.[9]

Browse our library of educational resources. And, learn more about our innovative nutrition solutions and where you can find them at thickit.com.

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Always seek the advice of your physician or other qualified health provider with any questions you may have regarding a medical condition, treatment, or the use of Thick-It® or Sqwincher® products. The information contained herein is general in nature and is not intended to be a substitute for professional medical advice, diagnosis, or treatment in any manner.