Thick-It®

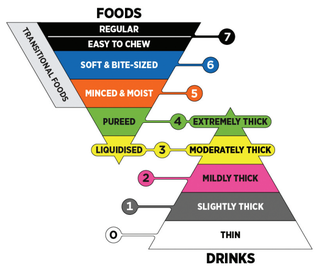
Improving the Lives of People with Dysphagia and Those Who Love Them.

From easy-to-use starch or xanthan thickeners to ready-to-drink water, juice, coffee, and tea to tasty purées, the Thick-It® brand offers a full line of dysphagia nutrition solutions. We're proud to provide a variety of educational resources and tools to help you manage a complex condition with grace and compassion.

We understand how devastating a dysphagia diagnosis can be. Difficulty swallowing not only affects a person's quality of life, it can lead to dehydration and malnutrition, compromising their health and safety. The Thick-It® brand is committed to advancing the science that can simplify life with a swallowing disorder by developing foods, beverages, and thickeners that are safe, nutritious, and satisfying. We are honored to serve the needs of people with dysphagia, their loved ones and caregivers, and the greater healthcare community.

The IDDSI Framework

Providing a common terminology for describing food textures and drink thicknesses to improve safety for individuals with swallowing difficulties.



© The International Dysphagia Diet Standardisation Initiative 2019 @ https://iddsi.org/framework/
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Derivative works extending beyond language translation are NOT PERMITTED.

IDDSI, the New Standards for the Dysphagia Diet

Introducing the International Dysphagia Diet Standardisation Initiative (IDDSI), the new standards for the dysphagia diet. Rather than nectar or honey, you'll now see verbiage like *mildly thick* or *moderately thick* on Thick-It® products. IDDSI standardizes terminology and testing methods, so people with dysphagia and those who care for them will have simple, consistent guidelines for selecting and preparing food and beverages.

As a leader in dysphagia nutrition innovation—and a gold-level sponsor of the IDDSI— the Thick-It® brand is proud to be a part of this voluntary effort to improve care worldwide for people with swallowing disorders.

Visit **thickit.com/IDDSI** for more information.

PROUD SUPPORTER OF IDDSI International Dysphagia Diet Standardisation Initiative GOLD SPONSOR

Thick-It® Original Food & Beverage Thickeners

Product Description	Case Pack	Manu #
Thick-It® Original	12/10 oz canister	J584-H5800
Thick-It® Original	6/36 oz canister	J585-C6800
Thick-It® Original Mildly Thick (Nectar) Single-Serve Packets	8/25/5g	J589-LE800
Thick-It® Original Moderately Thick (Honey) Single-Serve Packets	8/25/6g	J599-LE800
Thick-It® Concentrated	12/10 oz canister	J586-H5800
Thick-It® Concentrated	6/36 oz canister	J587-C6800
Thick-It® Foodservice	12/10 oz canister	J588-H5800
Thick-It® Foodservice	25 lbs	J574-46800
Thick-It® Foodservice Mildly Thick (Nectar) Single-Serve Packets	200/5g	J572-LE800
Thick-It® Foodservice Moderately Thick (Honey) Single-Serve Packets	200/6g	J593-LE800

Thick-It® Clear Advantage® Gel Food & Beverage Thickener

Product Description	Case Pack	Manu #
Clear Advantage® Single-Serve GEL Packets – Mildly Thick (Nectar)	4/50/7g	J621-GL800
Clear Advantage® Single-Serve GEL Packets – Moderately Thick (Honey)	4/50/14g	J622-GL800

Thick-It® Purées

Product Description	Case Pack	Manu #
Chicken a' la King	12/15 oz	H301-F8800
Beef Lasagna	12/15 oz	H302-F8800
Carrot and Pea	12/15 oz	H303-F8800
Sweet Corn	12/15 oz	H304-F8800
Seasoned Green Bean	12/15 oz	H305-F8800
Maple Cinnamon French Toast	12/15 oz	H307-F8800
Beef Stew	12/15 oz	H308-F8800
Beef in Barbecue Sauce	12/15 oz	H309-F8800
Salisbury Steak	12/15 oz	H314-F8800
Omelet w/ Sausage & Cheddar	12/15 oz	H315-F8800
Caramel Flavored Apple Pie	12/15 oz	H317-F8800
Seasoned Chicken Patty	12/14 oz	H318-F8800
Seasoned Broccoli	12/15 oz	H319-F8800
Protein Variety Pack	12/14-15 oz	H331-GA800
Vegetable Variety Pack	12/15 oz	H332-GA800

Thick-It® Clear Advantage® Ready-to-Drink Beverages

Product Description	Consistency	Case Pack	Manu #
Water	Mildly Thick (Nectar)	24/8 fl oz	B451-L9044
		4/46 fl oz	B480-A7044
		4/64 fl oz	B450-A5044
	Moderately Thick (Honey)	24/8 fl oz	B453-L9044
		4/46 fl oz	B481-A7044
		4/64 fl oz	B452-A5044
Regular Coffee	Mildly Thick (Nectar)	24/8 fl oz	B467-L9044
		4/64 fl oz	B466-A5044
	Moderately Thick (Honey)	24/8 fl oz	B471-L9044
		4/64 fl oz	B470-A5044
Apple Juice	Mildly Thick (Nectar)	24/8 fl oz	B455-L9044
		4/64 fl oz	B454-A5044
	Moderately Thick (Honey)	24/8 fl oz	B457-L9044
		4/64 fl oz	B456-A5044
Orange Juice Blend	Mildly Thick (Nectar)	24/8 fl oz	B476-L9044
		4/64 fl oz	B477-A5044
	Moderately Thick (Honey)	24/8 fl oz	B478-L9044
		4/64 fl oz	B479-A5044
Cranberry Juice Blend	Mildly Thick (Nectar)	24/8 fl oz	B459-L9044
		4/64 fl oz	B458-A5044
	Moderately Thick (Honey)	24/8 fl oz	B461-L9044
		4/64 fl oz	B460-A5044
Variety Pack	Mildly Thick (Nectar)	24/8 fl oz	B526-L9044
	Moderately Thick (Honey)	24/8 fl oz	B527-L9044

Hydration Care Solutions

Product Description	Consistency	Case Pack	Manu #
HydraICE™ Electrolyte Freezer Pops	Mildly Thick (Nectar)	50/1.5 fl oz pops	J615-T5800
Ready-to-Drink Fruit Punch + Electrolytes	Mildly Thick (Nectar)	24/8 fl oz bottles	B100-L9044
Ready-to-Drink Grape + Electrolytes	Mildly Thick (Nectar)	24/8 fl oz bottles	B102-L9044

HYDRATION CARE 360™ All Day. Every Day. Everyone.

Do not use Thick-It® products with infants under the age of 2. Thick-It® products should only be used with children under the age of 12 in consultation with a physician.

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*For proper disposal, follow local and state guidelines.

[1]Bunn D., Hooper L., Welch A. Dehydration and Malnutrition in Residential Care: Recommendations for Strategies for Improving Practice Derived from a Scoping Review of Existing Policies and Guidelines. Geriatrics. 2018;3:77. https://www.ncbi.nlm.nih.gov/pmc/articles/PMC6412353/ [2]Held, Markham. Your Brain On: Dehydration. Shape.com. [3]The Heart Foundation. The Importance of Water. March 8, 2019. [4]National Kidney Foundation. Can Dehydration Affect Your Kidneys? Kidney.org. [5]Mundel, Toby. Here's What Happens to Your Body When You're Dehydrated. The Conversation. February 5, 2016. [6]15 Ways Dehydration is Making You Sick. TheActiveTimes.com. June 30. 2016. [7]Leeflang, Jennifer. Hydration Tips for Seniors. AgingCare.com. https://www.agingcare.com/articles/hydration-tips-for-seniors-205594.htm

Thick-It®
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Thick-It®

Nutrition Innovation for Dysphagia

Thick-It®

First in Science.
First in Care.

TRUSTED SINCE 1987 · #1 RETAIL BRAND · PROPRIETARY FORMULATION

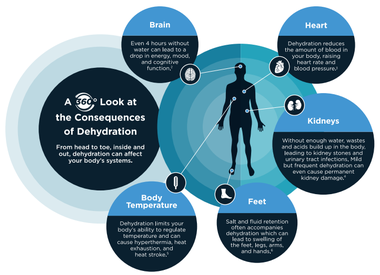
For more than 35 years, Thick-It® products have been a fixture in hospitals, nursing homes and rehabilitation facilities and recommended by doctors, speech language pathologists and dietitians. These innovative, high-quality and reliable products offer great tasting solutions for people with swallowing difficulties.

A quiet cup of coffee at breakfast, a festive dinner with family—these are some of life's simple pleasures that most take for granted. But for people with swallowing difficulties, mealtime can be a stressful occasion fraught with fear and worry. For the Thick-It® brand team, improving the lives of people with swallowing disorders has been our sole focus from day one. In 1987, we led the way with the introduction of Thick-It® Original, the first commercially available food and beverage thickener for dysphagia.

Today, we continue to lead the industry with new and innovative dysphagia nutrition solutions, with products like HydraICE™ Electrolyte Freezer Pops, a hydration aid for those with and without dysphagia.

HYDRATION CARE 360™

All Day. Every Day. Everyone.



"11 out of 11 healthcare professionals surveyed would serve HydraICE™ Electrolyte Freezer Pops to residents with or without dysphagia"

2 Mildly Thick Nectar

Hydration Care Solutions

Staying well hydrated can be a challenge for almost anyone, but it's especially true for people with swallowing difficulties. At least one in five older adults in long-term care has dehydration due to not drinking enough fluids[1], making it a real danger that must be proactively avoided. Left untreated, dehydration can limit the body's ability to fight infections, and lead to kidney failure, seizure, or even death[7].

Try our Clear Advantage® Plus Electrolytes beverages to add hydrating electrolytes without adding sugar. Pre-thickened to a Level 2 Mildly Thick consistency, Clear Advantage® Plus Electrolytes are ready-to-drink in a resealable single serve bottle and available in fruit punch and grape. If you are looking for a frozen treat, try our HydraICE™ Electrolyte Freezer Pops also thickened to a Level 2 Mildly Thick for those with dysphagia. Thanks to our expertly crafted formula, the freezer pops can be enjoyed by all – including those without trouble swallowing! Enjoy as a light snack and hydration aide year around.

Learn more about our hydration solutions at **thickit.com/HydrationCare360**

Thick-It® Clear Advantage® GEL

Thick-It® Clear Advantage® Gel Food & Beverage Thickener is the newest addition to the Thick-It® portfolio of dysphagia solutions. Using our proprietary formula, our xanthan-based gel will maintain its desired viscosity over time so patients can safely enjoy their food or drink at their own pace. Use our convenient single-serve packets for easy mixing whether you're at home or on the go.

- **5** Just Five Ingredients
- No Preservatives Added
- Convenient

Thick-It® Clear Advantage® Ready-to-Drink Beverages

Thick-It – CLEAR – Advantage

For those with dysphagia, Thick-It® Clear Advantage® Ready-to-Drink Beverages provide a variety of convenient, flavorful options to help stay hydrated. Available in single - and multi-serve resealable bottles, our beverages are ready to enjoy anytime, anywhere—no mixing required. All Clear Advantage® Ready-to-Drink Beverages, including our patented Clear Advantage® Thickened Water, are made with pure Artesian mineral water.

2 Mildly Thick Nectar · 3 Moderately Thick Honey

- **Versatile** – Chill, heat or freeze while maintaining desired consistency or add any powdered drink mix, cream or sugar for endless variety and preferred taste
- **Pure Flavor** – No lemon flavor or artificial sweeteners added while juices are made with 100% juice with added ingredients and provide 100% of the recommended daily value of vitamin C per 8 fl oz serving
- **Reduce Waste** – Resealable bottles are stable for bedside use for up to 24 hours* and they are portable
- **Safety** – Eliminate human error with no mixing

Benefits of Xanthan

- **Consistency** – Xanthan remains stable and does not continue to thicken over time
- **Clarity** – Xanthan has a clear appearance and smooth texture
- **Versatility** – Xanthan is stable across a variety of temperatures allowing it to be used safely in both hot and cold applications
- **Safety** – Less xanthan is used to achieve the same viscosity as a starch-based product and xanthan is unaffected by enzymes in human saliva

Thick-It® Original Food & Beverage Thickeners

Thick-It – Original

The first commercially available food and beverage thickener for dysphagia, Thick-It® Original product has been recommended by healthcare professionals for over 30 years. Today, it is the number one retail brand for people with dysphagia. Thick-It® Original Food & Beverage Thickener is a starch-based thickener that lets you produce any desired consistency quickly and easily without changing the taste or appearance of hot or cold pureed foods and beverages for use in the kitchen or on-the-go.

2 Mildly Thick Nectar · 3 Moderately Thick Honey · 4 Extremely Thick Pudding

- **Reliable** – #1 brand in retail that's been recommended by healthcare professionals for 30 years
- **Affordable** – Cost effective way to thicken foods and beverages
- **Consistent** – Dependable performance, dissolves instantly without clumping

Thick-It – Purée

4 Pureed

Thick-It® Purées

Adult nutrition that's ready-to-eat. For use in home or in a facility, Thick-It® Purées are precisely crafted to meet the guidelines for a texture modified diet. Thick-It® Purées taste real because they are real. Made from authentic food ingredients, our purées offer satisfying flavor, texture, and nutrition. Offering a variety of delicious options for entrées, side dishes, and desserts, Thick-It® Purées are easy to prepare and serve. With a 2 year shelf life, it's great for every day or emergency stock.

- **Convenient** – Fully-cooked, ready-to-eat; just open, heat and serve
- **Flavorful** – Hearty, complete meals made with real food ingredients
- **Reliable** – Consistent texture and nutrition-packed with a range of 5 – 8 servings per can
- **Versatile** – Delicious options for breakfast, lunch and dinner that may be shaped and frozen

Purée Inspiration Brings Variety to the Table

For breakfast, lunch, dinner, and dessert, bring variety to the table with help from the Thick-It® brand. With a few simple recipe changes, people with dysphagia can continue to enjoy the meals they love. Use Thick-It® brand products—including puréed foods, powdered thickeners, and ready-to-drink beverages—to prepare your mealtime favorites with ease. Find more recipe inspiration at **thickit.com**

Puréed Breakfast Casserole

Puréed Classic Meatloaf

Puréed Stir-Fry Chicken

Puréed Chili Lime Corn