



# Mixing Guide

## Single Serve - Cold and Hot Drinks



**Step 1 :** Select the drink and measure the recommended volume.



Category	Drinks	Volume, mL	Notes
 <b>Cold Drinks</b>	Water	175	
	Carbonated Drinks (Soda)	175	Stir until bubbles subside.
	Cordial Drinks	175	
	Juice, Fruit	175	
	Milk, Full Cream	175	
	Milo Drink	200	Use 30mL of hot water to dissolve the Milo, then add 170mL of milk.
 <b>Hot Drinks</b>	Tea - Black	150	
	Tea - White	150	Use 130mL of tea, then add 20mL of full cream milk.
	Coffee - Black	150	
	Coffee - White	150	Use 130mL of coffee, then add 20mL of full cream milk.
	Milk, Full Cream	150	
	Milo Drink, Full Cream Milk	175	Heat milk. Add Milo and stir until dissolved.

**Step 2 :** Add instant THICK Liquid as per Dosage Guide.

Single Serve Dosage Guide				
<b>IDDSI Level</b>	<b>1</b> SLIGHTLY THICK	<b>2</b> MILDLY THICK	<b>3</b> MODERATELY THICK	<b>4</b> EXTREMELY THICK
<b>Amount</b>	<b>1 Pump</b>	<b>2 Pumps</b>	<b>4 Pumps</b>	<b>8 Pumps</b>

**Step 3 :** Stir for 30 seconds and serve^.

^For Hot Drinks, temperature must not exceed 55°C when served, for consumer safety and comfort.


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**Storage:** Once prepared, cover and refrigerate between servings. '2-hour/4-hour rule' recommended. Discard leftover product after 24 hours, unless otherwise specified. For milk-based hot drinks (white tea, white coffee, milk and Milo) and port, consume within 2 hours. For wine, consume within 4 hours.

Food for special medical purposes. Food and drink thickener for the dietary management of dysphagia. Use under medical supervision. For oral consumption only. Not suitable as a sole source of nutrition. Not suitable for children under 3 years of age.

This resource is intended as a guide only. The time required to thicken drinks may vary between brands. If the desired consistency is not achieved, allow the drink to stand and re-stir before serving. It is the responsibility of the person administering instant THICK Liquid to ensure the liquid is thickened to the prescribed IDDSI level. All information stated is correct at time of publishing and subject to change without notice.

# Recipe Guide

## Single Serve - Alcohol



**Step 1 :** Select the liquid and measure the recommended volume.

Category	Drinks	Volume, mL	Notes
 Alcohol	Beer, Mid Strength	175	Add a pinch of sugar, then stir until bubbles subside.
	Spirits (Vodka and Whisky)	100	Level 1: use 150mL of spirit.
	Wine, White	125	
	Wine, Red	100	
	Port	125	

**Step 2 :** Add instant THICK Liquid as per Dosage Guide\*.

Single Serve Dosage Guide				
IDDSI Level	<b>1</b> SLIGHTLY THICK	<b>2</b> MILDLY THICK	<b>3</b> MODERATELY THICK	<b>4</b> EXTREMELY THICK
Amount	1 Pump	2 Pumps	4 Pumps	8 Pumps

\*For the wine and port: stir in the instant THICK Liquid, then stand for 1 minute before proceeding to step 3.

**Step 3 :** Stir for 30 seconds. Allow to stand for time indicated below. Re-stir until correct consistency is reached before serving.

Stand Times (Minutes)				
IDDSI Level	<b>1</b> SLIGHTLY THICK	<b>2</b> MILDLY THICK	<b>3</b> MODERATELY THICK	<b>4</b> EXTREMELY THICK
Beer, Mid Strength	2	2	2	2
Spirits (Vodka and Whisky)	2	2	2	2
Wine, White	2	2	0	0
Wine, Red	2	0	0	0
Port	5	2	2	2

See reverse for storage instructions and disclaimers.