

Recipe Guide

Cocobella Coconut Water Straight Up

- Step 1** Refrigerate product before thickening. Measure 200mL of Cocobella Coconut Water Straight Up.
- Step 2** Whilst stirring, add instant THICK Powder as per dosage guide below. Stir for 30 seconds or until dissolved.
- Step 3** Allow to stand for time indicated below. Stir again until correct consistency is reached before serving.



Cocobella Coconut Water Straight Up

IDDSI Level	Supplement Volume / mL	instant THICK Powder Dose	Stand Time (Minutes)	Notes	Consume Within
1 SLIGHTLY THICK	200mL	1x Level 1 Scoop	10	Re-stir for 30 second before serving.	24 Hours
2 MILDLY THICK	200mL	1x Level 2 Scoop	5		30 Hours
3 MODERATELY THICK	200mL	1x Level 3 Scoop	5		30 Hours
4 EXTREMELY THICK	200mL	1x Level 4 Scoop	5		24 Hours

Storage

Once prepared, consume immediately or cover and refrigerate between servings. Discard leftover product after 24 hours, unless otherwise specified.

instant THICK Powder is 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 1 years of age.

The recipes provided in this resource are intended as a guide only. If the desired consistency is not achieved, allow the drink to stand and stir again before serving. It is the responsibility of the person administering instant THICK Powder to ensure the liquid is thickened to the prescribed IDDSI level.

The use of brand names and/or listing of specific commercial products is solely for educational purposes and does not imply endorsement of these brands, nor discrimination against similar brands, products or services not mentioned.

All information stated is correct at time of publishing and subject to change without notice.