

The UK's leading food thickener¹



Transforming food, because good food is for everyone

Giving everyday food a cohesive consistency, Thick & Easy™ makes meals and snacks safe for patients who find food difficult to swallow. It's the UK's leading food thickener¹ for a reason: quick and simple to use, gives food a visually appealing texture and reduces the risk of dehydration.

ENTERAL NUTRITION



**FRESENIUS
KABI**

caring for life

Consistency that's ahead of the competition

With over 15 years' experience making meal times safe for patients with dysphagia, clinicians trust Thick & Easy™ to deliver.² That's why we're the UK's market leading instant food thickener.¹

Everything you need for safer nutrition

Thick & Easy™ transforms food so patients with dysphagia have a better eating experience. A dense and cohesive consistency eliminates the problem of thin pureed food running down the throat and into the lungs. And with our unique formula, pureed food looks as good as it tastes.

Reliable consistency

A mix quality that matches national descriptors, ensuring a safe consistency every time

Optimum mouthfeel

Smooth consistencies that make food enjoyable for patients aiding optimal nutrition and hydration

Taste neutral

Doesn't alter the taste of food

Enhanced stability

Reduces the risk of separation and over-thickening for safer swallowing

Smooth texture

Smaller particles mean easier mixing and palatable textures

The great food and drink makeover

Hot or cold, food or drink – Thick & Easy™ provides the right nutritional solution whatever your needs.

Hot and cold drinks

Drinks can increase the risk of aspiration as patients struggle to control liquids in their mouth. Thick & Easy™ makes hot and cold drinks much easier to manage by thickening liquids and slowing down the swallowing process.

Why not try Thick & Easy™ for thickening fruit juice, coffee, tea, alcoholic drinks, meat stock and other liquids?

Using a whisk or fork, mix the following amount of Thick & Easy™ into 100 ml of liquid:

- stage 1* = 1 scoop
- stage 2* = 1.5 scoops
- stage 3* = 2 scoops

Leave to stand for 1 minute to achieve maximum consistency

Soaking solutions

Simple snacks such as cake, biscuits and bread can be transformed for dysphagic patients using a simple soaking solution.

Thicken 125 ml fruit juice with 1 scoop of Thick & Easy™, pour over food and refrigerate for 2 hours.



Lifting the lid on perfect preparation

For patients with dysphagia, good food is about more than great-tasting, easy-to-swallow meals. It's about having the support you need to make better mealtimes a reality.

Full support for safe preparation

Thick & Easy™ is the only food thickener to come with full tailored support and training so you get a safe consistency every time:

- dedicated dysphagia representatives
- dedicated dysphagia support website: www.dysphagia.org.uk
- dysphagia DVD
- bespoke posters
- nutrition helpline with registered dietitians
- catering support
- product demonstrations/ food presentation ideas
- instructional literature
- food moulds and drink shakers
- training/educational support
- nutrition presentations

Transforming understanding

For expert information and advice, case studies, and the latest developments in clinical dysphagia research, visit www.dysphagia.org.uk - the online resource for carers and patients with dysphagia, or alternatively, call the Fresenius Kabi helpline on: 01928 533533

Order codes

<i>Product</i>	<i>Order code</i>
Thick & Easy™ 9 g sachet	7917661
Thick & Easy™ 225 g tin	7931333
Thick & Easy™ 4.54 kg catering pack	7931334

Nutritional information

<i>Typical values</i>	<i>Per scoop (4.5 g)</i>	<i>Per 100 g</i>
Energy kj/kcal	70/16.8	1561/373
Protein g	Trace	0.4
Carbohydrate g	4.2	92.6
Fat g	Trace	<0.1
Sodium mg (mmol)	8 (0.3)	174 (7.4)

Ingredients:

Modified maize starch (E1442), maltodextrin. Gluten free and lactose free

References:

1. IMS data November 2010. 2. Data on file.