



Better Together

Recipes and Tips for Better Flavor, Nutrition, and Safety in Dysphagia Cooking

From the makers of the Thick-It® brand of innovative dysphagia nutrition solutions



This book is for informational purposes only and is not intended to provide medical advice. Consult with a healthcare professional about matters regarding your health and diet, particularly regarding the suitability of the recipes contained herein for your use or your patient's use. The author, editor, and publisher do not assume any responsibility for and disclaim all liability for any loss, damage, or other harm arising from any dietary modification, food preparation, action, or omission by any person reading or following the information in this book. Although the author, editor, and publisher have made every effort to ensure that the information in this book was correct at press time, they do not assume and hereby disclaim all liability to any party for any loss, damage, or harm caused by errors or omissions, whether such errors or omissions result from negligence, accident, or any other cause. The recipes in this book may not be appropriate for all people with dysphagia.

Contents

- 04** Introduction
- 05** Preparation Tips
- 06** Sunrise Mocktail
- 08** Fresh Cantaloupe
- 10** Chilled Peaches
- 12** Minestrone Soup
- 14** Beef Stew
- 16** Braised Chicken Thighs
- 18** Pasta with Marinara Sauce
- 20** Seasoned Broccoli
- 22** Seasoned Carrots
- 24** Enriched Bread
- 26** Find Us on Social Media
- 29** Educational Resources
- 30** Turn Up the Music
- 32** Nutritional Facts

On the Cover:

With the variety of purées, thickeners, and ready-to-drink beverages available today, people with dysphagia can enjoy delicious, complete meals from appetizer to dessert. Here, clockwise from top-center, you see Liquidized, Level 3 Minestrone Soup, a meal of Minced & Moist, Level 5 Fresh Cantaloupe, Braised Chicken Thighs, Pasta with Marinara Sauce, and Seasoned Broccoli, all accompanied by a Mildly Thick, Level 2 Sunrise Mocktail.





A Greek philosopher once said,

“The whole is greater than the sum of its parts.”

But you don't have to be Aristotle to appreciate the magic that happens when slow-simmering beef, onions, and celery with just the right seasoning become your award-winning braised beef or the alchemy that turns tomatoes, basil, garlic, and love into mom's secret red sauce.

Food and family. Sunrise and coffee. Long talks and short to-do lists. So many things that are great on their own become inexplicably better when joined together.

In recognition of National Dysphagia Awareness Month June, 2023, the Thick-It® brand presents *Better Together*, your guide to better flavor, nutrition, and safety in dysphagia cooking. In these pages, you'll find simple recipes for nutritious and satisfying drinks, entrees, and sides, as well as ideas and resources for bringing together your favorite activities and people, regardless of swallowing ability.

Important Tips for Preparation

Follow these tips for preparing food and beverages that are satisfying, flavorful, and safe for people with dysphagia.

General Guidelines

1. Clean and sanitize any equipment you will be using.
2. Wash your hands with soap and water before preparing food or beverages.
3. Clean the tops of any canned items before opening.
4. Follow the recipe carefully, including time and temperature guidelines.
5. Before serving, conduct the appropriate IDDSI Test (such as Fork Drip Test, Fork Pressure Test, or Spoon Tilt Test) to ensure your prepared food and drink meets IDDSI guidelines for the patient's recommend IDDSI level. Visit [IDDSI.org](https://www.iddsi.org) for details.
6. Always taste before serving.

These recipes are intended for people with dysphagia who have been advised to consume a modified diet, Level 4 Puréed (PU4) or Level 5 Minced & Moist (MM5).

Sunrise Mocktail



Morning or evening, this festive mocktail pairs perfectly with brunch, lunch, or dinner on the patio with family or friends.

Ingredients MT2 or MO3

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

Yield: 2 Servings

Serving Size 8 fl oz

2 MILDLY THICK

3 MODERATELY THICK

Directions MT2 or MO3

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.

Make certain to refer to local food regulation for management of time and temperature values for prepared items. This would apply to hot and cold holding as well as time out of temperature control.

For optimal quality and safety, these products are intended for immediate consumption upon preparation or within 24 hours following proper handling guidance.



Nutrition Information MT2 Per Serving

- Calories 113
- Protein 1 g
- Total Carbohydrates 28 g
- Total Fat 0 g
- Sodium 65 mg
- Cholesterol 0 mg

Nutrition Information MO3 Per Serving

- Calories 113
- Protein 1 g
- Total Carbohydrates 28 g
- Total Fat 0 g
- Sodium 80 mg
- Cholesterol 0 mg

Fresh Cantaloupe



MM5 pictured

Nothing says summer like the sweet, juicy taste of fresh cantaloupe from your local farmers' market or produce stand. Versioned for both Minced & Moist, Level 5 (MM5) and Pureed, Level 4 (PU4), these recipes make it easy to prepare a healthy, fruit-based side dish, snack, or dessert at home.

Ingredients MM5

2 quart	Cantaloupe, Clean, Peeled and Cubed
4 Tbsp	Thick-It® Original Food & Beverage Thickener

Ingredients PU4

2 quart	Cantaloupe, Clean, Peeled and Cubed
3/4 cup	Thick-It® Original Food & Beverage Thickener

Yield: 8 Servings

Serving Size MM5 #8 scoop
Serving Size PU4 #6 scoop

5 MINCED & MOIST

Directions MM5

1. Wash hands before beginning preparation. Sanitize surfaces and equipment (CCP).
2. Select ripe and tender cantaloupe. Cut cantaloupe into large cubes. Measure 2 quarts.
3. Place cantaloupe in a food processor. Pulse until there are no large lumps or pieces present and particles are 4mm in width and 15mm in length or less in size.

Note: May mash by hand or mince with knife as an alternate method.

4. Mix Thick-It® Original Food & Beverage Thickener into minced cantaloupe.
5. Test before serving per IDDSI Testing Methods for Minced & Moist, Level 5 (MM5) using the Fork Pressure Test, Spoon Tilt Test, and No separate thin liquid. Refer to IDDSI.org for how to use these testing methods.
6. Hold at 40°F or lower until service (CCP).
7. Serve using #8 scoop.

Notes

- Verify final recipe and any garnishes using IDDSI Testing Methods for IDDSI Minced & Moist, Level 5 (MM5) before service: Fork Pressure Test, Spoon Tilt Test, No separate thin liquid.
- Verify final recipe and any garnishes using IDDSI testing methods for IDDSI Puréed, Level 4 (PU4) before service: Fork Drip Test, Spoon Tilt Test, No separate thin liquid.
- Amount of moisture in cantaloupe can vary. Recipe may be altered to include more or less Thick-It® Original Food & Beverage Thickener as well as added liquid in the form of juice, depending on the results of IDDSI testing.
- Recipe standardized and tested at 40°F. Temperature may affect IDDSI testing results.
- Make certain to refer to local food regulation for management of time and temperature values for prepared items. This would apply to hot and cold holding as well as time out of temperature control.
- For optimal quality and safety, these products are intended for immediate consumption upon preparation or within 24 hours following proper handling guidance.

4 PUREED

Directions PU4

1. Wash hands before beginning preparation. Sanitize surfaces and equipment (CCP).
2. Select ripe and tender cantaloupe. Cut cantaloupe into large cubes. Measure 2 quarts.
3. Place cantaloupe in a food processor. Do not overfill. Process until fine in consistency.
4. Add Thick-It® Original Food & Beverage Thickener and process until smooth.
5. Scrape down sides of processor with rubber spatula and process for an additional 30 seconds.
6. Test per IDDSI Testing Methods for Puréed, Level 4 (PU4) using the Fork Drip Test, Spoon Tilt Test, No separate thin liquid. Refer to IDDSI.org for how to use these testing methods.
7. Hold at 40°F or lower until service (CCP).
8. Serve using #6 scoop.

Nutrition Information PU4

Per Serving

- Calories 78
- Protein 1 g
- Total Carbohydrates 19 g
- Total Fat 0 g
- Sodium 35 mg
- Cholesterol 0 mg

Nutrition Information MM5

Per Serving

- Calories 62
- Protein 1 g
- Total Carbohydrates 15 g
- Total Fat 0 g
- Sodium 29 mg
- Cholesterol 0 mg

Chilled Peaches



PU4 pictured

With the wide variety of canned peaches available, you can enjoy the summer taste of peaches any time of year. Choose your favorite brand to prepare either a Minced & Moist, Level 5 (MM5) or Pureed, Level 4 (PU4) version of this sweet and satisfying side dish.

Ingredients MM5

- | | |
|---------|--|
| 1 quart | Peaches, Canned, Sliced Drained |
| 3 Tbsp | Thick-It® Original Food & Beverage Thickener |

Ingredients PU4

- | | |
|---------|--|
| 1 quart | Peaches, Canned, Sliced Drained |
| 5 Tbsp | Thick-It® Original Food & Beverage Thickener |

Yield: 8 Servings

Serving Size MM5 #10 scoop
Serving Size PU4 #12 scoop

Directions MM5

1. Wash hands before beginning preparation. Sanitize surfaces and equipment (CCP).
2. Drain and measure 1 quart of canned peaches.
3. Place peaches in a food processor. Pulse until there are no large lumps or pieces present and particles are 4mm in width and 15mm in length or less in size.

Note: May mash by hand or mince with a knife as an alternate method.

4. Mix Thick-It® Original Food & Beverage Thickener into the minced peaches.
5. Test before serving per IDDSI Testing Methods for Minced & Moist, Level 5 (MM5) using the Fork Pressure Test, Spoon Tilt Test, and No separate thin liquid. Refer to IDDSI.org for how to use these testing methods.
6. Hold at 40°F or lower until service (CCP).
7. Serve using #10 scoop.

Notes

- Verify final recipe and any garnishes using IDDSI Testing Methods for IDDSI Minced & Moist, Level 5 (MM5) before service: Fork Pressure Test, Spoon Tilt Test, No separate thin liquid.
- Verify final recipe and any garnishes using IDDSI testing methods for IDDSI Puréed Level 4 (PU4) before service: Fork Drip Test, Spoon Tilt Test, No separate thin liquid.
- Amount of moisture in canned peaches can vary. Recipe may be altered to include more or less Thick-It® Original Food & Beverage Thickener as well as added liquid in the form of juice, depending on the results of IDDSI testing.
- Recipe standardized and tested at 40°F. Temperature may affect IDDSI testing results.
- Make certain to refer to local food regulation for management of time and temperature values for prepared items. This would apply to hot and cold holding as well as time out of temperature control.
- For optimal quality and safety, these products are intended for immediate consumption upon preparation or within 24 hours following proper handling guidance.

Directions PU4

1. Wash hands before beginning preparation. Sanitize surfaces and equipment (CCP).
2. Drain and measure 1 quart of canned peaches.
3. Place peaches in a food processor. Do not overfill. Process until fine in consistency.
4. Add Thick-It® Original Food & Beverage Thickener and process until smooth.
5. Scrape down sides of processor with rubber spatula and process for an additional 30 seconds.
6. Test per IDDSI Testing Methods for Puréed, Level 4 (PU4) using the Fork Drip Test, Spoon Tilt Test, No separate thin liquid. Refer to IDDSI.org for how to use these testing methods.
7. Hold at 40°F or lower until service (CCP).
8. Serve using #12 scoop.

Nutrition Information PU4

Per Serving

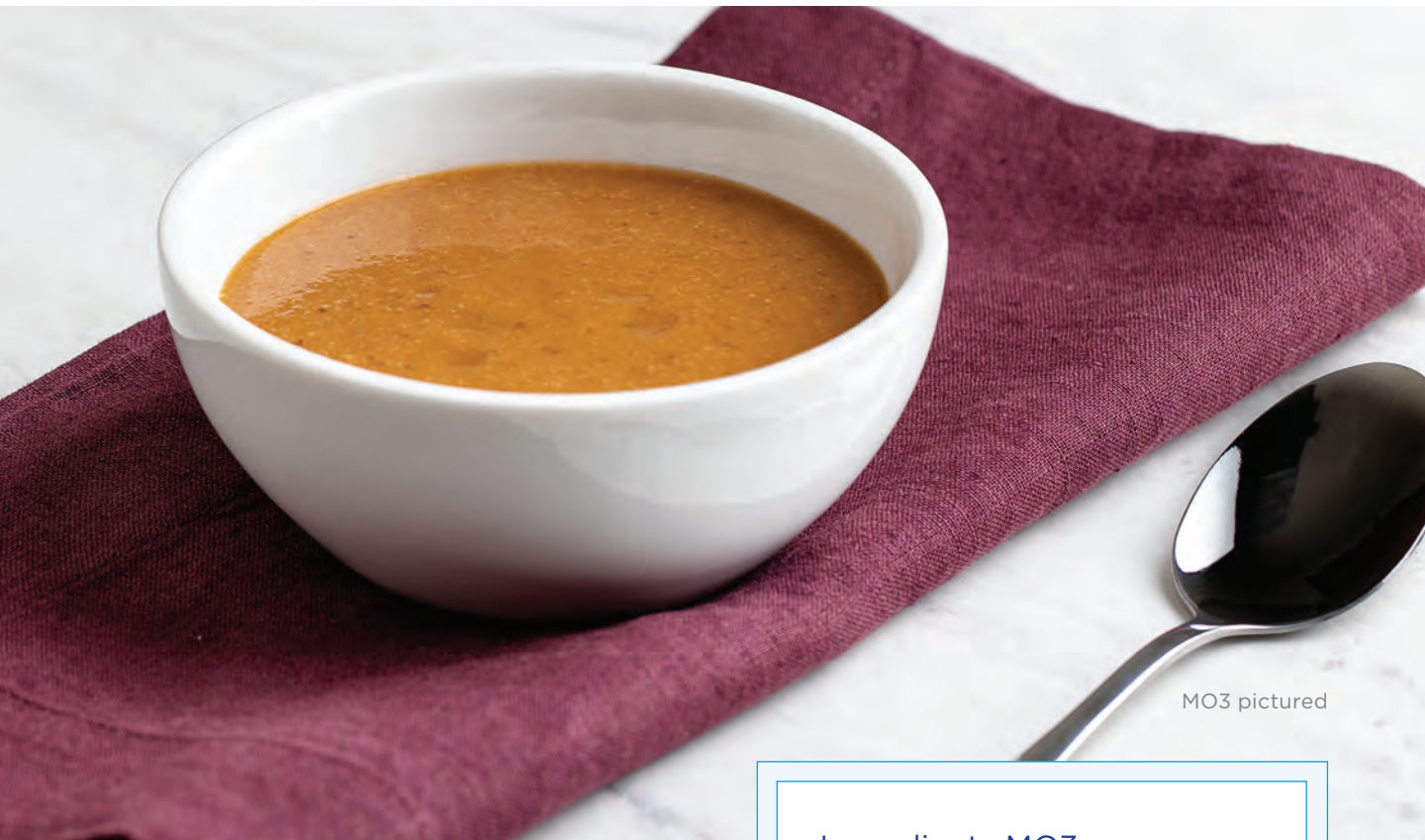
- Calories 78
- Protein 1 g
- Total Carbohydrates 20 g
- Total Fat 0 g
- Sodium 12 mg
- Cholesterol 0 mg

Nutrition Information MM5

Per Serving

- Calories 74
- Protein 1 g
- Total Carbohydrates 19 g
- Total Fat 0 g
- Sodium 10 mg
- Cholesterol 0 mg

Minestrone Soup



MO3 pictured

Made with a variety of vegetables and traditional Italian seasonings, minestrone is a perfect choice for a light lunch or supper, or as a starter for a more robust meal. What would go better with this Moderately Thick, Level 3 (MO3) minestrone than a satisfying slice of bread? Find a recipe for dysphagia-friendly enriched bread on page 24.

Ingredients MO3

48 fl oz	Soup, Minestrone
6 Tbsp	Thick-It® Original Food & Beverage Thickener

Yield: 8 Servings

Serving Size 6 fl oz

MODERATELY THICK

Directions MO3

1. Wash hands before beginning preparation. Sanitize surfaces and equipment (CCP).
2. Prepare soup according to your General Diet recipe for Minestrone Soup.
3. Measure 48 fl oz (6 c) of prepared soup.
4. Strain solids from soup broth. Reserve broth.
5. Place soup solids into a food processor. Process until fine in consistency.
6. Add Thick-It® Original Food & Beverage Thickener and reserved broth to food processor and process until smooth.
7. Scrape down sides of processor with rubber spatula and process for an additional 30 seconds.
8. Test per IDDSI Testing Methods for Moderately Thick, Level 3 (MO3) using the Fork Drip Test. Refer to IDDSI.org for how to use testing methods.
9. Hold at 140°F or higher until service (CCP).
10. Serve using 6 fl oz ladle.

If not serving immediately, reheat to a minimum internal temperature of 165°F for 15 sec (CCP) and test again before service per IDDSI Testing Methods for Moderately Thick, Level 3 (MO3).

Notes

- Verify final recipe and any garnishes using IDDSI testing methods for IDDSI Moderately Thick, Level 3 (MO3) before service.
- Amount of solids in soup can vary. Recipe may be altered to include more or less broth and/ or more or less Thick-It® Original Food & Beverage Thickener depending on the results of IDDSI testing.
- Recipe standardized and tested at 155°F. Temperature may affect IDDSI testing results.
- Make certain to refer to local food regulation for management of time and temperature values for prepared items. This would apply to hot and cold holding as well as time out of temperature control.
- For optimal quality and safety, these products are intended for immediate consumption upon preparation or within 24 hours following proper handling guidance.

Nutrition Information MO3

Per Serving

- Calories 94
- Protein 4 g
- Total Carbohydrates 16 g
- Total Fat 2 g
- Sodium 523 mg
- Cholesterol 0 mg

Beef Stew



PU4 pictured

Enjoy this hearty, all-American comfort food anytime at home with this Minced & Moist, Level 5 (MM5) or Pureed, Level 4 (PU4) recipe. For a more substantial meal, prepare our recipe for Seasoned Carrots on page 22 to serve in your stew or on the side.

Ingredients MM5

1.5 lbs	Beef Stew Meat Prepared
8 fl oz	Reserved Broth
2 Tbsp + 2 tsp	Thick-It® Original Food & Beverage Thickener

Ingredients PU4

1.5 lbs	Beef Stew Meat Prepared
16 fl oz	Reserved Broth
6 Tbsp	Thick-It® Original Food & Beverage Thickener

Yield: 8 Servings

Serving Size MM5 #8 scoop
Serving Size PU4 #10 scoop

5 MINCED & MOIST

Directions MM5

1. Wash hands before beginning preparation. Sanitize surfaces and equipment (CCP).
2. Prepare beef stew according to General Diet recipe for Beef Stew. Cook until tender.
3. Remove beef from vegetables and cooking broth. Weigh out 1.5 lbs.
4. Reserve 8 fl oz of cooking broth that has been strained of any bits. Hold at 140°F or higher (CCP).
5. Place beef in a food processor. Pulse until there are no large lumps or pieces present and particles are 4mm in width and 15mm in length or less in size.

Note: May mince by hand with knife as an alternate method.

6. Combine hot broth with Thick-It® Original Food & Beverage Thickener. Whisk briskly until thickener has dissolved. Let it thicken for one minute.
7. Incorporate thickened broth mixture into meat so it becomes moist and cohesive.
8. Test before serving per IDDSI Testing Methods for Minced & Moist, Level 5 (MM5) using the Fork Pressure Test, Spoon Tilt Test, and No separate thin liquid. Refer to IDDSI.org for how to use these testing methods.
9. Hold at 140°F or higher until service (CCP).
10. Serve using #8 scoop.

If not serving immediately, reheat to a minimum internal temperature of 165°F (CCP) and test again before service per IDDSI Testing Methods for Minced & Moist Level 5 (MM5).

If not serving immediately, reheat to a minimum internal temperature of 165°F for 15 sec (CCP) and test again before service per IDDSI Testing Methods for Puréed, Level 4 (PU4).

See Page 32 for Nutrition Facts

4 PUREED

Directions PU4

1. Wash hands before beginning preparation. Sanitize surfaces and equipment (CCP).
2. Prepare beef stew according to General Diet recipe for Beef Stew. Cook until tender.
3. Remove beef from vegetables and cooking broth. Weigh out 1.5 lbs.
4. Reserve 16 fl oz of cooking broth that has been strained of any bits. Hold at 140°F or higher (CCP).
5. Place beef stew meat in a food processor. Do not overfill. Process until fine in consistency.
6. Add Thick It® Original Food & Beverage Thickener and broth. Process until smooth.
7. Scrape down sides of processor with rubber spatula and process for an additional 30 seconds.
8. Test per IDDSI Testing Methods for Puréed, Level 4 (PU4) using the Fork Drip Test, Spoon Tilt Test, No separate thin liquid. Refer to IDDSI.org for how to use these testing methods.
9. Hold at 140°F or higher until service (CCP).
10. Serve using #10 scoop.

Notes

- Verify final recipe and any garnishes using IDDSI Testing Methods for IDDSI Minced & Moist Level 5 (MM5) before service: Fork Pressure Test, Spoon Tilt Test, No separate thin liquid.
- Verify final recipe and any garnishes using IDDSI testing methods for IDDSI Puréed, Level 4 (PU4) before service: Fork Drip Test, Spoon Tilt Test, No separate thin liquid.
- Amount of moisture in cooked beef can vary. Recipe may be altered to include more or less broth and/or more or less Thick-It® Original Food & Beverage Thickener depending on the results of IDDSI testing.
- Recipe standardized and tested at 155°F. Temperature may affect IDDSI testing results.
- Make certain to refer to local food regulation for management of time and temperature values for prepared items. This would apply to hot and cold holding as well as time out of temperature control.
- For optimal quality and safety, these products are intended for immediate consumption upon preparation or within 24 hours following proper handling guidance.

Braised Chicken Thighs



MM5 pictured

Sundays are better spent together. And these Braised Chicken Thighs will bring back memories of Sunday chicken dinner with this Minced & Moist, Level 5 (MM5) or Pureed, Level 4 (PU4) recipe. For a traditional home-style meal, serve with our Seasoned Broccoli (page 20) and Seasoned Carrots (page 22).

Ingredients MM5

1.5 lbs	Chicken Thighs, Braised, Prepared
8 fl oz	Reserved Broth
2 Tbsp + 2 tsp	Thick-It® Original Food & Beverage Thickener

Ingredients PU4

1.5 lbs	Chicken Thighs, Braised Prepared
12 fl oz	Reserved Broth
1/4 c + 2 tsp	Thick-It® Original Food & Beverage Thickener

Yield: 8 Servings

Serving Size MM5 #8 scoop
Serving Size PU4 #10 scoop

5 MINCED & MOIST

Directions MM5

1. Wash hands before beginning preparation. Sanitize surfaces and equipment (CCP).
2. Prepare chicken thighs according to your General Diet recipe for Braised Chicken Thighs. Cook until tender.
3. Remove skin and bone from chicken. Weigh out 1.5 lbs.
4. Reserve 8 fl oz of cooking broth that has been strained of any bits. Hold at 140°F or higher (CCP).

5. Place chicken in a food processor. Pulse until there are no large lumps or pieces present and particles are 4mm in width and 15mm in length or less in size.

Note: May mince by hand with knife as an alternate method.

6. Combine hot broth with Thick-It® Original Food & Beverage Thickener. Whisk briskly until thickener has dissolved. Let it thicken for one minute.
7. Incorporate thickened broth mixture into minced meat so it becomes moist and cohesive.
8. Test before serving per IDDSI Testing Methods for Mincéd & Moist, Level 5 (MM5) using the Fork Pressure Test, Spoon Tilt Test, and No separate thin liquid. Refer to IDDSI.org for how to use these testing methods.
9. Hold at 140°F or higher until service (CCP).
10. Serve using #8 scoop.

If not serving immediately, reheat to a minimum internal temperature of 165°F (CCP) and test again before service per IDDSI Testing Methods for Mincéd & Moist, Level 5 (MM5).

If not serving immediately, reheat to a minimum internal temperature of 165°F for 15 sec (CCP) and test again before service per IDDSI Testing Methods for Puréed, Level 4 (PU4).

See Page 33 for Nutrition Facts

4 PUREED

Directions PU4

1. Wash hands before beginning preparation. Sanitize surfaces and equipment (CCP).
2. Prepare chicken thighs according to your General Diet recipe for Braised Chicken Thighs. Cook until tender.
3. Remove skin and bone from chicken. Weigh out 1.5 lbs.
4. Reserve 12 fl oz of cooking broth that has been strained of any bits. Hold at 140°F or higher (CCP).
5. Place chicken in a food processor. Do not overfill. Process until fine in consistency.
6. Add Thick It® Original Food & Beverage Thickener and broth. Process until smooth.
7. Scrape down sides of processor with rubber spatula and process for an additional 30 seconds.
8. Test per IDDSI Testing Methods for Pureed, Level4 (PU4) using the Fork Drip Test, Spoon Tilt Test, No separate thin liquid. Refer to IDDSI.org for how to use these testing methods.
9. Hold at 140°F or higher until service (CCP).
10. Serve using #10 scoop.

Notes

- Verify final recipe and any garnishes using IDDSI Testing Methods for IDDSI Mincéd & Moist, Level 5 (MM5) before service: Fork Pressure Test, Spoon Tilt Test, No separate thin liquid.
- Verify final recipe and any garnishes using IDDSI testing methods for IDDSI Puréed, Level 4 (PU4) before service: Fork Drip Test, Spoon Tilt Test, No separate thin liquid.
- Amount of moisture in cooked chicken can vary. Recipe may be altered to include more or less broth and/or more or less Thick-It® Original Food & Beverage Thickener depending on the results of IDDSI testing.
- Recipe standardized and tested at 155°F. Temperature may affect IDDSI testing results.
- Make certain to refer to local food regulation for management of time and temperature values for prepared items. This would apply to hot and cold holding as well as time out of temperature control.
- For optimal quality and safety, these products are intended for immediate consumption upon preparation or within 24 hours following proper handling guidance.

Pasta with Marinara Sauce



MM5 pictured

Ingredients MM5

12 oz	Pasta, Angel Hair, Dry
1 Tbsp	Oil, Vegetable
1.5 cup	Marinara Sauce with tender particles 4mm in width and 15mm in length or less
3 Tbsp + 1 tsp	Thick-It® Original Food & Beverage Thickener

Ingredients PU4

12 oz	Pasta, Angel Hair, Dry
1 Tbsp	Oil, Vegetable
1 cup	Marinara Sauce
3 fl oz	Broth
3 Tbsp	Thick-It® Original Food & Beverage Thickener

Enjoy a classic Italian duo—pasta with red sauce. Stir up a pot of your family’s secret recipe, or use your favorite store-bought marinara sauce. Served with tender angel hair pasta, these Minced & Moist, Level 5 (MM5) or Pureed, Level 4 (PU4) dishes will have you saying, Mangia!

Yield: 8 Servings

Serving Size MM5 #8 scoop
Serving Size PU4 #8 scoop

5 MINCED & MOIST

Directions MM5

1. Wash hands before beginning preparation. Sanitize surfaces and equipment (CCP).
2. Break up dry pasta into thirds and place in a food processor. Pulse until pasta is smaller than 4mm in width and 15mm in length taking into account the size will swell when cooked.
3. Boil pasta in large amount of boiling water until very soft. Drain and rinse with cold water. Stir oil into cooked, drained pasta. Hold at 140°F or higher (CCP).

Note: May cook whole pasta and mince by hand with knife as an alternate method.

4. Test particle size per IDDSI Testing Methods.
5. Heat marinara sauce and hold at 140°F or higher (CCP).
6. Measure 1.5 cup of marinara sauce. Mix in Thick-It® Original Food & Beverage Thickener.
7. Stir thickened marinara sauce into cooked pasta so it becomes moist and cohesive.
8. Test before serving per IDDSI Testing Methods for Minced & Moist, Level 5 (MM5) using the Fork Pressure Test, Spoon Tilt Test, and No separate thin liquid. Refer to IDDSI.org for how to use these testing methods.
9. Hold at 140°F or higher until service (CCP).
10. Serve using #8 scoop.

If not serving immediately, reheat to a minimum internal temperature of 165°F for 15 sec (CCP) and test again before service per IDDSI Testing Methods for Minced & Moist, Level 5 (MM5).

If not serving immediately, reheat to a minimum internal temperature of 165°F for 15 sec (CCP) and test again before service per IDDSI Testing Methods for Puréed, Level 4 (PU4).

See Page 33 for Nutrition Facts

4 PUREED

Directions PU4

1. Wash hands before beginning preparation. Sanitize surfaces and equipment (CCP).
2. Break up dry pasta into thirds and place in a food processor. Pulse until pasta is small similar to minced in size.
3. Boil pasta in large amount of boiling water until very soft. Drain and rinse with cold water. Stir oil into cooked, drained pasta. Hold at 140°F or higher (CCP).
4. Place cooked pasta in a food processor. Do not overfill. Process until fine in consistency.
5. Add Thick It® Original Food & Beverage Thickener, broth, and tomato sauce. Process until smooth.
6. Scrape down sides of processor with rubber spatula and process for an additional 30 seconds.
7. Test per IDDSI Testing Methods for Puréed, Level 4 (PU4) using the Fork Drip Test, Spoon Tilt Test, No separate thin liquid. Refer to IDDSI.org for how to use these testing methods.
8. Hold at 140°F or higher until service (CCP).
9. Serve using #8 scoop.

Notes

- Verify final recipe and any garnishes using IDDSI Testing Methods for IDDSI Minced & Moist, Level 5 (MM5) before service: Fork Pressure Test, Spoon Tilt Test, No separate thin liquid.
- Verify final recipe and any garnishes using IDDSI testing methods for IDDSI Puréed Level 4 (PU4) before service: Fork Drip Test, Spoon Tilt Test, No separate thin liquid.
- Amount of moisture in food can vary. Recipe may be altered to include more or less liquid and/or more or less Thick-It® Original Food & Beverage Thickener depending on the results of IDDSI testing.
- Recipe standardized and tested at 150°F. Temperature may affect IDDSI testing results.
- Make certain to refer to local food regulation for management of time and temperature values for prepared items. This would apply to hot and cold holding as well as time out of temperature control.
- For optimal quality and safety, these products are intended for immediate consumption upon preparation or within 24 hours following proper handling guidance.

Seasoned Broccoli



PU4 pictured

This nutritious and tasty vegetable is the ultimate side for all kinds of entrées. For either Mincéd & Moist, Level 5 (MM5) or Pureed, Level 4 (PU4), these recipes will add color to your meal as well.

Ingredients MM5

1 qt	Seasoned Broccoli, Prepared
2 Tbsp + 2 tsp	Margarine
3 Tbsp + 1 tsp	Broth, Vegetable
2 tsp	Thick-It® Original Food & Beverage Thickener

Ingredients PU4

1 qt	Seasoned Broccoli, Prepared
2 Tbsp + 2 tsp	Margarine
3/4 cup	Broth, Vegetable
4 Tbsp	Thick-It® Original Food & Beverage Thickener

Yield: 8 Servings

Serving Size MM5 #8 scoop
Serving Size PU4 #10 scoop

5 MINCED & MOIST

Directions MM5

1. Wash hands before beginning preparation. Sanitize surfaces and equipment (CCP).
2. Prepare broccoli according to your General Diet recipe for Seasoned Broccoli. Make sure to cook until tender. Drain excess liquid.
3. Measure 1 quart of prepared broccoli.
4. Place broccoli and margarine in a food processor. Pulse until there are no large lumps or pieces present and particles are 4mm in width and 15mm in length or less in size.

Note: May mince by hand with knife as an alternate method.

5. Heat broth to a minimum of 165° F. (CCP). Combine broth with Thick-It® Original Food & Beverage Thickener. Whisk briskly until thickener has dissolved. Let it thicken for one minute.
6. Incorporate thickened broth mixture into minced broccoli so it becomes moist and cohesive.
7. Test consistency before serving per IDDSI Testing Methods for Minced & Moist, Level 5 (MM5) using the Fork Pressure Test, Spoon Tilt Test, and No separate thin liquid. Refer to IDDSI.org for how to use these testing methods.
8. Hold at 140°F or higher until service (CCP).
9. Serve using #8 scoop.

If not serving immediately, reheat to a minimum internal temperature of 165°F (CCP) and test consistency again before service per IDDSI Testing Methods for Minced & Moist, Level 5 (MM5).

If not serving immediately, reheat to a minimum internal temperature of 165°F for 15 sec (CCP) and test again before service per IDDSI Testing Methods for Puréed Level 4 (PU4).

See Page 34 for Nutrition Facts

4 PUREED

Directions PU4

1. Wash hands before beginning preparation. Sanitize surfaces and equipment (CCP).
2. Prepare broccoli according to your General Diet recipe for Seasoned Broccoli. Cook until tender. Drain excess liquid.
3. Measure 1 quart of prepared broccoli.
4. Place broccoli and margarine in a food processor. Do not overfill. Process until fine in consistency.
5. Add Thick-It® Original Food & Beverage Thickener and broth. Process until smooth.
6. Scrape down sides of processor with rubber spatula and process for an additional 30 seconds.
7. Test before serving per IDDSI Testing Methods for Puréed, Level 4 (PU4) using the using the Fork Drip Test, Spoon Tilt Test, and No separate thin liquid. Refer to IDDSI.org for how to use these testing methods.
8. Hold at 140°F or higher until service (CCP).
9. Serve using #10 scoop.

Notes

- Verify final recipe and any garnishes using IDDSI Testing Methods for IDDSI Minced & Moist, Level 5 (MM5) before service: Fork Pressure Test, Spoon Tilt Test, No separate thin liquid.
- Verify final recipe and any garnishes using IDDSI testing methods for IDDSI Puréed, Level 4 (PU4) before service: Fork Drip Test, Spoon Tilt Test, No separate thin liquid.
- Amount of moisture in cooked broccoli can vary particularly between frozen and fresh broccoli. Recipe may be altered to include more or less liquid and/or more or less Thick-It® Original Food & Beverage Thickener depending on the results of IDDSI testing.
- Recipe standardized and tested at 155°F. Temperature may affect IDDSI testing results.
- Make certain to refer to local food regulation for management of time and temperature values for prepared items. This would apply to hot and cold holding as well as time out of temperature control.
- For optimal quality and safety, these products are intended for immediate consumption upon preparation or within 24 hours following proper handling guidance.

Seasoned Carrots



PU4 pictured

Ingredients MM5

1 qt	Seasoned Carrots, Prepared
2 Tbsp + 2 tsp	Margarine
3 Tbsp + 1 tsp	Broth, Vegetable
2 tsp	Thick-It® Original Food & Beverage Thickener

Ingredients PU4

1 qt	Seasoned Carrots, Prepared
2 Tbsp + 2 tsp	Margarine
1/2 cup	Broth, Vegetable
3 Tbsp + 1 tsp	Thick-It® Original Food & Beverage Thickener

Use whole carrots, baby carrots, or frozen, these Minced & Moist, Level 5 (MM5) or Pureed, Level 4 (PU4) Seasoned Carrots will bring some bright color, hearty nutrition, and classic flavor to your table.

Yield: 8 Servings

Serving Size MM5 #8 scoop
Serving Size PU4 #10 scoop

Directions MM5

1. Wash hands before beginning preparation. Sanitize surfaces and equipment (CCP).
2. Prepare carrots according to your General Diet recipe for Seasoned Carrots. Make sure to cook until tender. Drain excess liquid.
3. Measure 1 quart of prepared carrots.
4. Place carrots and margarine in a food processor. Pulse until there are no large lumps or pieces present and particles are 4mm in width and 15mm in length or less in size.

Note: May mince by hand with knife as an alternate method.

5. Heat broth to a minimum of 165° F. (CCP). Combine broth with Thick-It® Original Food & Beverage Thickener. Whisk briskly until thickener has dissolved. Let it thicken for one minute.
6. Incorporate thickened broth mixture into minced carrots so it becomes moist and cohesive.
7. Test before serving per IDDSI Testing Methods for Minced & Moist, Level 5 (MM5) using the Fork Pressure Test, Spoon Tilt Test, and No separate thin liquid. Refer to IDDSI.org for how to use these testing methods.
8. Hold at 140°F or higher until service (CCP).
9. Serve using #8 scoop.

If not serving immediately, reheat to a minimum internal temperature of 165°F (CCP) and test again before service per IDDSI Testing Methods for Minced & Moist, Level 5 (MM5).

If not serving immediately, reheat to a minimum internal temperature of 165°F for 15 sec (CCP) and test again before service per IDDSI Testing Methods for Puréed, Level 4 (PU4).

See Page 34 for Nutrition Facts

Directions PU4

1. Wash hands before beginning preparation. Sanitize surfaces and equipment (CCP).
2. Prepare carrots according to your General Diet recipe for Seasoned Carrots. Make sure to cook until tender. Drain excess liquid.
3. Measure 1 quart of prepared carrots.
4. Place carrots and margarine in a food processor. Do not overfill. Process until fine in consistency.
5. Add Thick It® Original Food & Beverage Thickener and broth. Process until smooth.
6. Scrape down sides of processor with rubber spatula and process for an additional 30 seconds.
7. Test before serving per IDDSI Testing Methods for Puréed, Level 4 (PU4) using the using the Fork Drip Test, Spoon Tilt Test, and No separate thin liquid. Refer to IDDSI.org for how to use these testing methods.
8. Hold at 140°F or higher until service (CCP).
9. Serve using #10 scoop.

Notes

- Verify final recipe and any garnishes using IDDSI Testing Methods for IDDSI Minced & Moist, Level 5 (MM5) before service: Fork Pressure Test, Spoon Tilt Test, No separate thin liquid.
- Verify final recipe and any garnishes using IDDSI testing methods for IDDSI Puréed, Level 4 (PU4) before service: Fork Drip Test, Spoon Tilt Test, No separate thin liquid.
- Amount of moisture in cooked carrots can vary particularly between frozen and fresh carrots. Recipe may be altered to include more or less liquid and/ or more or less Thick-It® Original Food & Beverage Thickener depending on the results of IDDSI testing.
- Recipe standardized and tested at 155°F. Temperature may affect IDDSI testing results.
- Make certain to refer to local food regulation for management of time and temperature values for prepared items. This would apply to hot and cold holding as well as time out of temperature control.
- For optimal quality and safety, these products are intended for immediate consumption upon preparation or within 24 hours following proper handling guidance.

Enriched Bread



MM5 pictured

Bread doesn't have to be off-limits for people with swallowing difficulties. Served as a side or a snack, our dysphagia-friendly Enriched Bread makes it possible to safely enjoy the comforting taste of bread at home. These Minced & Moist, Level 5 (MM5) or Pureed, Level 4 (PU4) recipes also boost the nutrition with much needed calories and protein.

Ingredients MM5

6 Slices	Whole Wheat Bread, Seedless
1/4 Cup + 2 Tbsp	Cream, Heavy
1/4 Cup	Oil, Vegetable
1 Cup + 2 Tbsp	Milk, Whole
1 Cup + 2 Tbsp	Non-Fat Dry Milk Powder
1 Tbsp	Thick-It® Original Food & Beverage Thickener

Ingredients PU4

6 Slices	Whole Wheat Bread, Seedless
1/4 Cup + 2 Tbsp	Cream, Heavy
1/4 Cup	Oil, Vegetable
1 Cup + 2 Tbsp	Milk, Whole
1 Cup + 2 Tbsp	Non-Fat Dry Milk Powder
1 Tbsp	Thick-It® Original Food & Beverage Thickener

Yield: 6 Servings

Serving Size MM5 #12 scoop
Serving Size PU4 #12 scoop

5 MINCED & MOIST

Directions MM5

1. Wash hands before beginning preparation. Sanitize surfaces and equipment (CCP).
2. Remove crusts from bread slices and discard. Tear bread into pieces and add to a food processor. Pulse bread to crumbs, about 15 seconds. Transfer to bowl.
3. Test size of crumb using fork tine for measurement per IDDSI Testing Methods for IDDSI Minced & Moist Level 5 (MM5).
4. Whisk cream, vegetable oil, and milk together in a bowl. Add non-fat dry milk powder and whisk to combine. Whisk in Thick-It® Original Food & Beverage Thickener.
5. Pour liquid over breadcrumbs and fold to thoroughly combine. Mixture may appear lumpy. Let mixture sit 5 minutes.
6. Test consistency before serving per IDDSI Testing Methods for IDDSI Minced & Moist Level 5 (MM5) using the Fork Pressure Test, Spoon Tilt Test, and No Separate Thin Liquid.
7. Portion using a #12 scoop and shape as desired.

Note: If making large batches, consider removing crusts and freezing bread slice pieces before processing

8. If not serving immediately, generously coat top with cooking spray, cover with plastic film, and refrigerate. Hold at 40°F or lower until service (CCP). Hold no longer than 8 hours.
9. Remove from refrigerator. Test consistency before serving per IDDSI Testing Methods for IDDSI Minced & Moist Level 5 (MM5) using the Fork Pressure Test, Spoon Tilt Test, and No Separate Thin Liquid.
10. Portion a #12 scoop and shape as desired.

Make certain to refer to local food regulation for management of time and temperature values for prepared items. This would apply to hot and cold holding as well as time out of temperature control.

For optimal quality and safety, these products are intended for immediate consumption upon preparation or within 24 hours following proper handling guidance.

See Page 35 for Nutrition Facts

4 PUREED

Directions PU4

1. Wash hands before beginning preparation. Sanitize surfaces and equipment (CCP).
2. Remove crust from bread slices and discard. Tear bread into pieces and add to food processor. Pulse bread to fine crumbs, about 1 minute. Place in bowl.
3. Whisk cream, vegetable oil, and milk together in a bowl. Add non-fat dry milk powder and whisk to combine. Whisk in Thick-It® Original Food & Beverage Thickener.
4. Pour liquid over breadcrumbs and fold to thoroughly combine. Let mixture sit 5 minutes.
5. Test consistency before serving per IDDSI Testing Methods for IDDSI Puréed Level 4 (PU4) using the Fork Drip Test, Spoon Tilt Test, and No Separate Thin Liquid.
6. Portion using a #12 scoop and shape as desired.
Note: If making large batches, consider removing crusts and freezing bread slice pieces before processing
7. If not serving immediately, generously coat top with cooking spray, cover with plastic film, and refrigerate. Hold at 40°F or lower until service (CCP). Hold no longer than 8 hours.
8. Remove from refrigerator. Test consistency before serving per IDDSI Testing Methods for IDDSI Puréed Level 4 (PU4) using the Fork Drip Test, Spoon Tilt Test, and No Separate Thin Liquid.
9. Portion using a #12 scoop and shape as desired.

Notes

- Verify final recipe and any garnishes using IDDSI Testing Methods for IDDSI Minced & Moist Level 5 (MM5) before service: Fork Pressure Test, Spoon Tilt Test, No Separate Thin Liquid.
- Verify final recipe and any garnishes using IDDSI testing methods for IDDSI Puréed Level 4 (PU4) before service: Fork Drip Test, Spoon Tilt Test, No Separate Thin Liquid.
- Amount of liquid can vary. Recipe may be altered to include more or less liquid and/or more or less Thick-It® Original Food & Beverage Thickener depending on the results of IDDSI testing.
- Recipe standardized and tested at 40°F. Temperature may affect IDDSI testing results.



Sweet Treats and Sidekicks

Craving a sweet, cool, hydrating treat? It doesn't get much cooler than Clear Advantage® HydraICE™ Electrolyte Freezer Pops. Great for those with or without swallowing difficulties, these electrolyte-enhanced, pineapple-flavored freezer pops are perfect as a dessert or snack to share with your best buddies.

Recipes and Pinterest

Pinterest is a foodie's best friend. Now, you can save dysphagia-friendly, IDDSI-compliant recipes, as well as articles and other educational resources for people with swallowing difficulties on your own personal page. Follow the Thick-It® brand on Pinterest at [Pinterest.com/ThickIt](https://www.pinterest.com/ThickIt), and visit us on Facebook, Instagram, LinkedIn, Twitter, and YouTube to stay informed when we post new recipes, videos, webinars, savings, and promotions.







Informed Patients and Expert Providers

Being diagnosed with a swallowing disorder is a stressful, scary time for both patients and their loved ones. As the creator of the first commercial dysphagia food and beverage thickener, the Thick-It® brand's sole focus has always been improving the lives of people with dysphagia and the people who care for them. And, we consider education as important a part of that mission as developing innovative dysphagia nutrition products.

Whether you're a patient, caregiver, health care provider, or interested layperson, the Thick-It® team has a free, online resource library full of articles, videos, infographics, and webinars to help everyone better understand dysphagia, its causes, symptoms, treatments, and solutions. Browse our education center at thickit.com/education/



For a deeper look at the challenges, symptoms, and solutions for dehydration in older adults, including those with dysphagia, check out our free webinar, *Hydration in Older Adults*, available on-demand on the Thick-It® brand website at thickit.com/hydration-webinar.



It takes 50 pairs of muscles to move food from the mouth to the stomach¹

1. National Institute of Health Publication No. 13-4307: National Institute on Deafness and Other Communication Disorders. "Dysphagia"

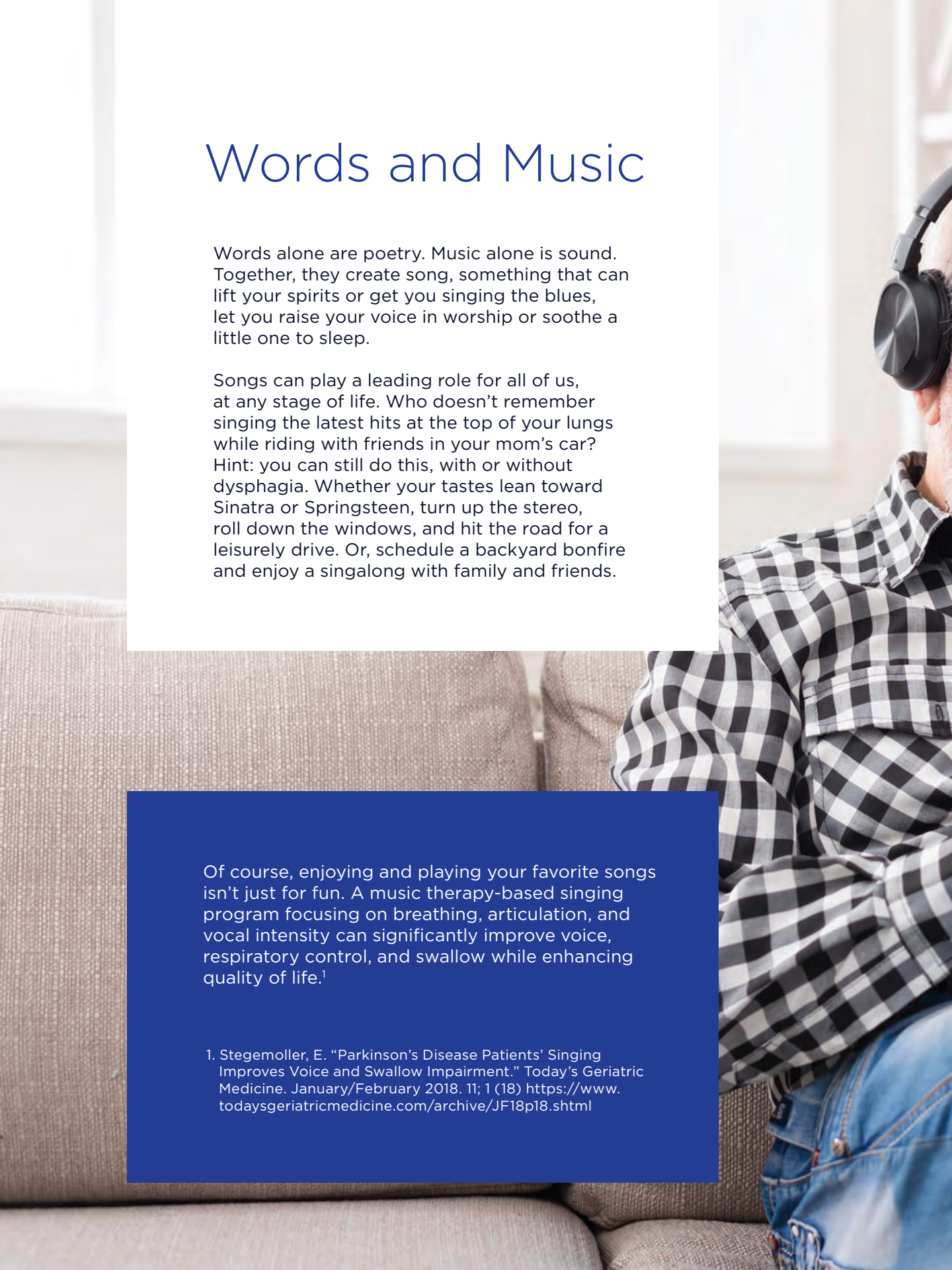
Words and Music

Words alone are poetry. Music alone is sound. Together, they create song, something that can lift your spirits or get you singing the blues, let you raise your voice in worship or soothe a little one to sleep.

Songs can play a leading role for all of us, at any stage of life. Who doesn't remember singing the latest hits at the top of your lungs while riding with friends in your mom's car? Hint: you can still do this, with or without dysphagia. Whether your tastes lean toward Sinatra or Springsteen, turn up the stereo, roll down the windows, and hit the road for a leisurely drive. Or, schedule a backyard bonfire and enjoy a singalong with family and friends.

Of course, enjoying and playing your favorite songs isn't just for fun. A music therapy-based singing program focusing on breathing, articulation, and vocal intensity can significantly improve voice, respiratory control, and swallow while enhancing quality of life.¹

1. Stegemoller, E. "Parkinson's Disease Patients' Singing Improves Voice and Swallow Impairment." *Today's Geriatric Medicine*. January/February 2018. 11; 1 (18) <https://www.todaysgeriatricmedicine.com/archive/JF18p18.shtml>





Nutritional Facts and Other Notes



Beef Stew

Nutrition Information MM5 Per Serving

- Calories 208
- Protein 29 g
- Total Carbohydrates 1 g
- Total Fat 9 g
- Sodium 426 mg
- Cholesterol 76 mg

Nutrition Information PU4 Per Serving

- Calories 217
- Protein 30 g
- Total Carbohydrates 3 g
- Total Fat 9 g
- Sodium 540 mg
- Cholesterol 76 mg



Thick-It® Clear Advantage® Thickened Fruit Punch Beverage—Artificially Flavored will complement any meal or snack while providing essential electrolyte hydration, as well.



Braised Chicken Thighs

Nutrition Information MM5 Per Serving

- Calories 157
- Protein 21 g
- Total Carbohydrates 1 g
- Total Fat 7 g
- Sodium 179 mg
- Cholesterol 121 mg

Nutrition Information PU4 Per Serving

- Calories 162
- Protein 21 g
- Total Carbohydrates 2 g
- Total Fat 7 g
- Sodium 236 mg
- Cholesterol 121 mg



Pasta with Marinara Sauce

Nutrition Information MM5 Per Serving

- Calories 203
- Protein 7 g
- Total Carbohydrates 37 g
- Total Fat 3 g
- Sodium 219 mg
- Cholesterol 1 mg

Nutrition Information PU4 Per Serving

- Calories 195
- Protein 7 g
- Total Carbohydrates 35 g
- Total Fat 3 g
- Sodium 180 mg
- Cholesterol 1 mg



Seasoned Broccoli

Nutrition Information MM5 Per Serving

- Calories 43
- Protein 2 g
- Total Carbohydrates 3 g
- Total Fat 3 g
- Sodium 114 mg
- Cholesterol 0 mg



Seasoned Carrots

Nutrition Information MM5 Per Serving

- Calories 57
- Protein 1 g
- Total Carbohydrates 7 g
- Total Fat 3 g
- Sodium 97 mg
- Cholesterol 0 mg

Nutrition Information PU4 Per Serving

- Calories 50
- Protein 2 g
- Total Carbohydrates 5 g
- Total Fat 3 g
- Sodium 164 mg
- Cholesterol 0 mg

Nutrition Information PU4 Per Serving

- Calories 62
- Protein 1 g
- Total Carbohydrates 8 g
- Total Fat 3 g
- Sodium 125 mg
- Cholesterol 0 mg



Portion Scoop Size Chart

Size	Color	Capacity fl oz
#6	White	5.33
#8	Gray	4
#10	Ivory	3.2
#12	Green	2.67

Enriched Bread

Nutrition Information MM5 Per Serving

- Calories 213
- Protein 9 g
- Total Carbohydrates 24 g
- Total Fat 8 g
- Sodium 229 mg
- Cholesterol 24 mg

Nutrition Information PU4 Per Serving

- Calories 213
- Protein 9 g
- Total Carbohydrates 24 g
- Total Fat 8 g
- Sodium 229 mg
- Cholesterol 24 mg



Thick·It[®]

Better Together

thickit.com

Customer Support
1-800-333-0003

Sales Support
1-800-442-5242



Kent Precision Foods Group, Inc.
2905 Highway 61 North
Muscatine, IA 52761