



Swalloweze Clear *use in food*

Swalloweze Clear food and fluid thickener ensures that the correct consistency and texture of food is achieved to facilitate a safer swallow.

Utensils that will assist with this process are, blender, moulds, scoop, shaker, sieve and whisk.

Please follow process as below:

- Cook food as normal. Add to blender and add liquid such as water, gravy, stock etc. during the blending process to achieve a smooth puree consistency.
Please make sure the food is now lump free. To ensure best presentation please puree different food components separately to help maintain the colour and flavour of the individual foods much as they are in a normal meal
- Add required amount of swalloweze clear to the hot or cold blended food and allow to stand for approximately 1 minute to achieve the desired consistency. Some foods contain more liquid than others and may require additional or less powder.
Use as required.
- The prepared food to the desired consistency can now be presented onto the plate and served or moulded into specialised food moulds for optimum presentation.
Moulds are available to represent meat, fish, vegetables and fruit.
- Filled moulds can then be frozen. Once frozen the moulded portion can be removed from the mould and stored in freezer bags. Each portion must be labelled with date of preparation and use by date.
- Swalloweze Clear remains stable through the freeze, defrost process and can be reheated to prepare for patient consumption.
- Soaking Solution for biscuits/cereals/crackers/bread to alter consistency without pureeing:

200ml liquid + 2 scoops of Swalloweze Clear
Make up soaking solution with choice of liquid
Dip food in soaking solution for 15 seconds and place on a plate
Cover and refrigerate for 2-3 hours
Ready to serve
- Purees

100g meat and blend with 100ml liquid (stock or water). Blend to a puree and add 2 scoops of Swalloweze Clear. Blend to mix through and leave to stand for 1 minute

100g fruit (no skin) and blend with 75ml liquid (water or juice). Add 2 scoops of Swalloweze Clear. Blend to mix through and leave to stand for 1 minute

100g or cooked vegetables and add 100ml of water or stock and blend until smooth. Add 2 scoops of swalloweze clear and blend until fully mixed. Leave to stand for 1 minute