

Dysphagia

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PRODUCT		FLAVOUR	AVAILABLE IN:   		AMYLASE RESISTANT	GLUTEN FREE	NUT FREE	SOY FREE	DAIRY FREE	LACTOSE	LOW SODIUM	NUTRITIONALLY COMPLETE	HALAL CERTIFIED	KOSHER CERTIFIED	VEGETARIAN SUITABLE	VEGAN SUITABLE
			ENERGY PER SERVE kJ (kcal)* 	PROTEIN PER SERVE g† 												
THICKENED READY-TO-DRINKS																
Waters		Water AVAILABLE IN: 	55 (13)	0.1	AR	GF	NF	SF	DF	LF	LIS	-	HL	KO	VE	VG
		Watermelon Flavoured	138 (33)	0.1	AR	GF	NF	SF	DF	LF	LIS	-	HL	KO	VE	VG
Diet Drink		Lemon	116 (28)	0.2	AR	GF	NF	SF	DF	LF	LIS	-	HL	KO	VE	VG
Cordial Drinks		Citrus Flavoured	393 (94)	0	AR	GF	NF	SF	DF	LF	LIS	-	HL	KO	VE	VG
		Lime Flavoured	420 (101)	0	AR	GF	NF	SF	DF	LF	LIS	-	HL	KO	VE	VG
		Raspberry Flavoured	427 (102)	0.1	AR	GF	NF	SF	DF	LF	LIS	-	HL	KO	VE	VG
Real Fruit Juices		Apple AVAILABLE IN: 	360 (86)	0.3	AR	GF	NF	SF	DF	LF	LIS	-	HL	KO	VE	VG
		Orange	352 (84)	0.9	AR	GF	NF	SF	DF	LF	LIS	-	HL	KO	VE	VG
		Sun	458 (110)	0.5	AR	GF	NF	SF	DF	LF	LIS	-	HL	KO	VE	VG
Functional Drinks		Cranberry AVAILABLE IN: 	453 (109)	0.1	AR	GF	NF	SF	DF	LF	-	-	HL	KO	VE	VG
		Pear Juice	330 (79)	0.2	AR	GF	NF	SF	DF	LF	LIS	-	HL	KO	VE	VG
Hot Drinks		White Tea	75 (18)	0.2	AR	GF	NF	SF	DF	LF	LIS	-	HL	KO	VE	VG
		White Coffee AVAILABLE IN:  	169 (41)	1.5	AR	GF	NF	SF	-	LIL	LIS	-	HL	KD	VE	-
THICKENED SUPPLEMENTS																
Creamy Drinks		Chocolate	566 (136)	5.6	AR	GF	NF	SF	-	-	LIS	-	HL	KD	VE	-
		Dairy	489 (117)	7.0	AR	GF	NF	SF	-	-	LIS	-	HL	KD	VE	-
		Strawberry Flavoured	616 (148)	6.3	AR	GF	NF	SF	-	-	LIS	-	HL	-	-	-
Protein Fortified		Caramel Flavoured AVAILABLE IN:   	1100 (264)	15.0	AR	GF	NF	SF	-	LF	-	-	HL	-	-	-
		Lemon Lime Flavoured	685 (164)	15.2	AR	GF	NF	SF	DF	LF	-	-	HL	-	-	-
Nutritionally Complete		Apple Berry Flavoured AVAILABLE IN: 	1120 (269)	15.2	AR	GF	NF	SF	DF	LF	-	NC	HL	-	-	-
		Chocolate	1120 (269)	15.0	AR	GF	NF	SF	-	LIL ^	-	NC	HL	-	-	-
		Iced Coffee Flavoured AVAILABLE IN:  	1120 (269)	15.2	AR	GF	NF	SF	DF	LF	-	NC	HL	-	-	-
		Lactose Free Vanilla Flavour AVAILABLE IN:  	1100 (264)	15.0	AR	GF	NF	SF	-	LF	-	NC	HL	-	-	-
THICKENERS																
Instant THICK Liquid		Neutral AVAILABLE IN: 	78 (19)	0.1	AR	GF	NF	SF	DF	LF	LIS	-	HL	KO	VE	VG
Instant THICK Powder		Neutral AVAILABLE IN: 	47 (11)	0	AR	GF	NF	SF	DF	LF	-	-	HL	KO	VE	VG
thickplus Powder		Neutral AVAILABLE IN: 	81 (20)	0.2	AR	GF	NF	SF	DF	LF	-	-	HL	KO	VE	VG
TEXTURE MODIFIED FOOD																
Shape It Instant Shaping Powder		Neutral	12 (3)	0	AR	GF	NF	SF	DF	LF	-	-	HL	KO	VE	VG
HIGH ENERGY POWDERS																
Carb Plus Energy Supplement		Neutral	163 (39)	0	AR	GF	NF	SF	DF	LF	LIS	-	HL	KO	VE	VG

*IDDSI Level 3 unless otherwise stated.
^Applicable to IDDSI Level 2 & 3 only.

Nutrition

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PRODUCT	FLAVOUR	ENERGY PER SERVE kJ (kcal)	PROTEIN PER SERVE (g)	AMYLASE RESISTANT	GLUTEN FREE	NUT FREE	SOY FREE	DAIRY FREE	LACTOSE	LOW SODIUM	NUTRITIONALLY COMPLETE	TEXTURE MODIFIED	HALAL CERTIFIED	KOSHER CERTIFIED	VEGETARIAN SUITABLE	VEGAN SUITABLE
NUTRITIONALLY COMPLETE																
	Neutral	420 (101)	15.1	AR	GF	NF	SF	-	L+L	-	NC	-	HL	KD	VE	-
	Chocolate	420 (101)	15.5	AR	GF	NF	SF	-	L+L	-	NC	-	HL	KD	VE	-
	Vanilla	420 (101)	15.1	AR	GF	NF	SF	-	L+L	-	NC	-	HL	KD	VE	-
	Neutral	995 (239)	14.6	AR	GF	NF	SF	-	-	-	NC	-	HL	KD	VE	-
	Chocolate	647 (155)	8.1	AR	GF	NF	SF	-	-	-	NC	▽	HL	KD	VE	-
	Apple & Plum	758 (182)	15.1	AR	GF	NF	SF	DF	LF	-	NC	▽	HL	-	-	-
	Banana & Mango	748 (180)	15.0	AR	GF	NF	SF	DF	LF	-	NC	▽	HL	-	-	-
HIGH PROTEIN																
	Orange Flavour	1270 (305)	15.0	-	GF	NF	SF	DF	LF	L+S	-	-	HL	-	-	-
	Green Apple Flavour	1270 (305)	15.0	-	GF	NF	SF	DF	LF	L+S	-	-	HL	-	-	-
	Vanilla Flavour	1820 (437)	20.0	AR	GF	NF	-	-	LF	-	NC	-	HL	-	-	-
	Watermelon	656 (157)	20.0	-	GF	NF	SF	DF	LF	L+S	-	-	HL	-	-	-
	Lemon Lime	589 (141)	20.0	-	GF	NF	SF	DF	LF	L+S	-	-	HL	-	-	-
	Mango Passionfruit	651 (156)	20.0	-	GF	NF	SF	DF	LF	L+S	-	-	HL	-	-	-
	Watermelon Flavoured	633 (152)	11.0	AR	GF	NF	SF	DF	LF	L+S	-	-	HL	-	-	-
	Wildberry Flavoured	628 (151)	11.0	AR	GF	NF	SF	DF	LF	L+S	-	-	HL	-	-	-
	Apple & Apricot	501 (120)	8.0	AR	GF	NF	SF	DF	LF	L+S	-	▽	HL	-	-	-
	Banana & Mango	501 (120)	8.0	AR	GF	NF	SF	DF	LF	L+S	-	▽	HL	-	-	-
	Lemon	713 (171)	8.1	AR	GF	NF	-	DF	LF	-	-	▽	HL	KD	VE	VG
	Lemon Lime Flavoured	718 (172)	15.0	AR	GF	NF	SF	DF	LF	-	-	△	HL	-	-	-
	Salted Caramel	1200 (288)	8.1	AR	GF	NF	SF	-	-	-	-	▽	HL	KD	VE	-
	Chocolate	1200 (288)	8.1	AR	GF	NF	SF	-	-	L+S	-	▽	HL	KD	VE	-
DRINKS, SNACKS & DESSERTS																
	Pear	324 (78)	0.1	AR	GF	NF	SF	DF	LF	L+S	-	-	HL	KD	VE	VG
	Chocolate	1250 (300)	2.9	AR	GF	NF	SF	-	-	L+S	-	▽	HL	KD	VE	-
	Strawberry	1210 (290)	2.4	AR	GF	NF	SF	-	-	L+S	-	▽	HL	-	-	-
	Vanilla Flavour	1210 (290)	2.5	AR	GF	NF	SF	-	-	L+S	-	▽	HL	KD	VE	-
	Banana Flavoured	390 (94)	2.0	AR	GF	NF	SF	-	-	L+S	-	▽	HL	KD	VE	-
	Chocolate	394 (95)	2.3	AR	GF	NF	SF	-	-	L+S	-	▽	HL	KD	VE	-
	Vanilla Flavoured	385 (92)	2.0	AR	GF	NF	SF	-	-	L+S	-	▽	HL	KD	VE	-

Legend

GF	Gluten Free	LF	Lactose Free	△	IDDSI Level 1 - Slightly Thick Drinks	HL	Halal Certified
NF	Nut Free	L+L	Low Lactose: no more than 2g of lactose per 100g of food	△	IDDSI Level 2 - Mildly Thick Drinks	KD	Kosher Certified
DF	Dairy Free	L+S	Low Sodium	△	IDDSI Level 3 - Moderately Thick Drinks	KD	Kosher Dairy Certified
SF	Soy Free	NC	Nutritionally Complete	△	IDDSI Level 4 - Extremely Thick Drinks	VE	Vegetarian Suitable
AR	Amylase Resistant			▽	IDDSI Level 4 - Pureed Food	VG	Vegan Suitable

Flavour Creations products are manufactured in a facility that does not process gluten, tree nuts, peanuts, eggs, sesame seeds, lupins, fish, molluscs or crustaceans. The information provided in this flyer was correct at time of printing. Please refer to FlavourCreations.com.au for the latest product information.