

# Recipe Guide

## Single Serve - Fresubin RTD Supplements

- Step 1** Refrigerate product before thickening. Measure the recommended liquid volume below, and prepare according to the manufacturer's instructions.
- Step 2** Whilst stirring, add instant THICK Powder as per Dose Guide below. Stir for 30 seconds or until dissolved.
- Step 3** Allow to stand for the time indicated below. Stir for another 30 seconds or until the correct consistency is reached before serving.



### Fresubin Original Drink Vanilla

IDDSI Level	Supplement Volume / mL	instant THICK Powder Dose	Stand Time (Minutes)	Notes	Consume Within
<b>1</b> SLIGHTLY THICK	200mL	1x Level 1 Scoop	2		2 Hours
<b>2</b> MILDLY THICK	200mL	1x Level 2 Scoop	10		2 Hours
<b>3</b> MODERATELY THICK	200mL	1x Level 3 Scoop	15		2 Hours
<b>4</b> EXTREMELY THICK	200mL	1x Level 4 Scoop	20		2 Hours

### Fresubin Diben Drink Vanilla

IDDSI Level	Supplement Volume / mL	instant THICK Powder Dose	Stand Time (Minutes)	Notes	Consume Within
<b>1</b> SLIGHTLY THICK	200mL	Ready to Drink	N/A		24 Hours
<b>2</b> MILDLY THICK	200mL	1x Level 2 Scoop	2		10 Minutes
<b>3</b> MODERATELY THICK	200mL	1x Level 3 Scoop	5		2 Hours
<b>4</b> EXTREMELY THICK	200mL	1x Level 4 Scoop	10		2 Hours

 Watch Mixing Videos



#### Please Note

instant THICK Powder Level 2, 3, and 4 scoop is equivalent to the corresponding Level 2, 3, and 4 sachet of instant THICK Powder.

#### Storage

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

Fresubin is a food for special medical purposes, to be used under medical supervision. Refer to [www.fresubin.com.au](http://www.fresubin.com.au) for full information.

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 year 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.

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

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### Fresubin Energy 1.5kcal Drink Vanilla

IDDSI Level	Supplement Volume / mL	instant THICK Powder Dose	Stand Time (Minutes)	Notes	Consume Within
<b>1</b> SLIGHTLY THICK	200mL	Ready to Drink	N/A		24 Hours
<b>2</b> MILDLY THICK	200mL	1x Level 2 Scoop	10		1 Hour
<b>3</b> MODERATELY THICK	200mL	1x Level 3 Scoop	10		2 Hours
<b>4</b> EXTREMELY THICK	200mL	1x Level 4 Scoop	10		2 Hours

### Fresubin Energy Fibre 1.5kcal Drink Vanilla

IDDSI Level	Supplement Volume / mL	instant THICK Powder Dose	Stand Time (Minutes)	Notes	Consume Within
<b>1</b> SLIGHTLY THICK	200mL	Ready to Drink	N/A		24 Hours
<b>2</b> MILDLY THICK	200mL	1x Level 2 Scoop	10		1 Hour
<b>3</b> MODERATELY THICK	200mL	1x Level 3 Scoop	20		2 Hours
<b>4</b> EXTREMELY THICK	200mL	1x Level 4 Scoop	15		2 Hours

Watch Mixing Videos



#### Please Note

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#### Storage

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### Fresubin 2kcal Drink Vanilla

IDDSI Level	Supplement Volume / mL	instant THICK Powder Dose	Stand Time (Minutes)	Notes	Consume Within
<b>1</b> SLIGHTLY THICK	200mL	Ready to Drink	N/A	Serve at room temperature	24 Hours
<b>2</b> MILDLY THICK	200mL	Ready to Drink	N/A		24 Hours
<b>3</b> MODERATELY THICK	200mL	1x Level 3 Scoop	2		1 Hour
<b>4</b> EXTREMELY THICK	200mL	1x Level 4 Scoop	15		1 Hour

### Fresubin 2kcal Fibre Drink Vanilla

IDDSI Level	Supplement Volume / mL	instant THICK Powder Dose	Stand Time (Minutes)	Notes	Consume Within
<b>1</b> SLIGHTLY THICK	200mL	Ready to Drink	N/A	Serve at room temperature	24 Hours
<b>2</b> MILDLY THICK	200mL	Ready to Drink	N/A		24 Hours
<b>3</b> MODERATELY THICK	200mL	1x Level 3 Scoop	2		2 Hours
<b>4</b> EXTREMELY THICK	200mL	1x Level 4 Scoop	20		1 Hour

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#### Please Note

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#### Storage

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### Fresubin Plant-Based Drink

IDDSI Level	Supplement Volume / mL	instant THICK Powder Dose	Stand Time (Minutes)	Notes	Consume Within
<b>1 SLIGHTLY THICK</b>	200mL	Ready to Drink	N/A	Serve at room temperature	24 Hours
<b>2 MILDLY THICK</b>	200mL	Ready to Drink	N/A		24 Hours
<b>3 MODERATELY THICK</b>	200mL	1x Level 3 Scoop	5		2 Hours
<b>4 EXTREMELY THICK</b>	200mL	1x Level 4 Scoop	10		2 Hours

Watch Mixing Videos



#### Please Note

instant THICK Powder Level 2, 3, and 4 scoop is equivalent to the corresponding Level 2, 3, and 4 sachet of instant THICK Powder.

#### Storage

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