

THIS IS A GUIDE ONLY.

These products are for the dietary management of patients at risk or with disease related malnutrition.

The use of Nualtra standard ONS products for patients with dysphagia is a clinical decision that should be based on the clinical judgement of an experienced healthcare professional. When using standard ONS products with patients with dysphagia, healthcare professionals should be aware of and take into consideration the various factors that can affect the IDDSI level throughout its shelf life to the point of consumption.

This document summaries the results of the IDDSI testing of Nualtra Oral Nutritional Supplement products, which has been completed by two independent Speech and Language Therapists. The evaluation of each product aligned with the IDDSI framework¹.

Each product was prepared to 3 different temperatures:

1. Ambient - 21-25°C left to stand at room temperature for 3-4 hours before testing.
2. Chilled - below 8°C (preferably 4°C). Refrigerated overnight.
3. Warm - 63-70°C.
 - Liquid products were warmed for 30-60 seconds (100ml to 125ml for 30 seconds, 200-250ml for 60 seconds).
 - Our semi solid product (Nutricrem) was warmed for 60 secs.
 - All warmed in 800w microwave at full power.

Each liquid product was tested using a BD305959 syringe and all products were tested following the protocol for the IDDSI flow test or the IDDSI fork/spoon testing guidelines (Level 4 fluids) as appropriate.

Where possible each product and flavour has been tested at a similar point in their shelf life.

We recommend conducting an IDDSI flow/fork/spoon test where products are stored or served outside of these guidelines.

¹ Cichero JA et al. Development of International Terminology and Definitions for Texture- Modified Foods and Thickened Fluids Used in Dysphagia Management: The IDDSI Framework. *Dysphagia*. 2017;32(2):293-314. IDDSI

READY TO DRINK/EAT PRODUCTS				
	Flavour	Ambient ¹	Chilled ² 5 +/- 1°C ³	Warmed ³
		IDDSI level	IDDSI level	IDDSI level
Altraplen COMPACT	<i>All flavours</i>	2	2	1
Altraplen PROTEIN	<i>All flavours</i>	1	2	0
Altrashot	<i>Strawberry</i>	2	2	2
	<i>Vanilla</i>	2	2	1
	<i>Neutral</i>	2	3	2
Altrajuce	<i>All flavours</i>	0	0	0
Nutricrem⁴	<i>All flavours</i>	4	4	3
Altraplen COMPACT DAILY	<i>Vanilla</i>	2	3	1
	<i>Hazal Chocolate, Banana, Strawberry</i>	2	2	1
Altraplen ENERGY	<i>All Flavours</i>	1	1	0

Each ONS was stored as it would be in the home environment and prepared as required. Each different ONS was tested at 3 temperatures.

1 Ambient - 21 - 25°C left to stand at room temperature for 3-4 hours before testing.

2 Chilled - below 8°C (preferably 4°C). Refrigerated overnight.

3 Warm 63 - 70°C. Liquids warmed for 30-60 secs (100ml to 125ml for 30secs, 200 - 250mls for 60 secs). Nutricrem was warmed for 60 secs. All warmed in 800w microwave at full power.

4 IDDSI fork-drip / spoon-tilt test used.

FOODLINK RANGE WITH WHOLE MILK				
	Flavour	Ambient ¹	Chilled ² 5 +/- 1°C ²	Warmed ³
		IDDSI level	IDDSI level	IDDSI level
Foodlink Complete 100ml whole milk ⁴ or Foodlink Complete COMPACT	<i>All flavours</i>	1	2	1
Foodlink Complete 200ml whole milk	<i>All flavours</i>	0	0	0
Foodlink Complete WITH FIBRE 100ml whole milk	<i>All flavours</i>	1	2	1
Foodlink EXTRA 240ml whole milk	<i>All flavours</i>	0	0	0

1 Ambient - 21 - 25°C left to stand at room temperature for 3-4 hours before testing.

2 Chilled - below 8°C (preferably 4°C). Refrigerated overnight.

3 Warmed for 30-60 secs (100ml to 125ml for 30secs, 200 - 250mls for 60 secs).

4 All Foodlink range products were mixed by adding 100ml, 200ml or 240ml whole milk to a Nualtra Shaker, then adding a sachet of the relevant Foodlink product and shaking vigorously for 10 - 20 seconds.

FOODLINK SMOOTHIE* WITH ALTERNATIVE MILKS				
	Flavour	Ambient ¹	Chilled ² 5 +/- 1°C ²	Warmed ³
		IDDSI level	IDDSI level	IDDSI level
Foodlink SMOOTHIE 150ml soya milk ⁴	All flavours	2	2	2
Foodlink SMOOTHIE 150ml coconut milk	All flavours	2	3	2

FOODLINK SMOOTHIE* WITH JUICES				
Foodlink SMOOTHIE 150ml orange juice	All flavours	2	2	1
Foodlink SMOOTHIE 150ml cranberry juice	All flavours	0	1	0
Foodlink SMOOTHIE 150ml pineapple juice	All flavours	1	2	1
Foodlink SMOOTHIE 150ml apple juice	Orange & Mango, Peach, Tropical	1	1	0
	Red Berry	0	1	0

* Foodlink Smoothie's solubility can impact on the accuracy of an IDDSI flow test. Therefore, we recommend using this product with caution for anyone with dysphagia.

1 Ambient - 21 - 25°C left to stand at room temperature for 3-4 hours before testing.

2 Chilled - below 8°C (preferably 4°C). Refrigerated overnight.

3 Warmed for 30-60 secs (100ml to 125ml for 30secs, 200 - 250mls for 60 secs).

4 All Foodlink Smoothie products were mixed by adding 150ml specified liquid to a Nualtra Shaker, then adding a sachet of Foodlink Smoothie and shaking vigorously for 10 - 20 seconds.

FOODLINK RANGE WITH WATER				
	Flavour	Ambient ¹	Chilled ² 7 +/- 1°C ²	Warmed ³
		IDDSI level	IDDSI level	IDDSI level
Foodlink Complete 100ml tap water ⁴ or Foodlink Complete COMPACT	<i>Strawberry, Vanilla, Chocolate</i>	1	1	0
	<i>Natural</i>	0	0	0
	<i>Banana</i>	1	0	0
Foodlink Complete 200ml tap water	<i>All flavours</i>	0	0	0
Foodlink Complete WITH FIBRE 100ml tap water	<i>All flavours</i>	1	1	0
Foodlink Complete WITH FIBRE 200ml tap water	<i>All flavours</i>	0	0	0
Foodlink SMOOTHIE⁵ 150ml tap water	<i>All flavours</i>	1	2	1

1 Ambient - 21 - 25°C left to stand at room temperature for 3-4 hours before testing.

2 Chilled - below 8°C (preferably 4°C). Refrigerated overnight.

3 Warmed for 30-60 secs (100ml to 125ml for 30secs, 200 - 250mls for 60 secs).

4 All Foodlink range products were mixed by adding 100ml, 150ml or 200ml tap water to a Nualtra Shaker, then adding a sachet of the relevant Foodlink product and shaking vigorously for 10 - 20 seconds.

5 Foodlink Smoothie's solubility can impact on the accuracy of an IDDSI flow test. Therefore, we recommend using this product with caution for anyone with dysphagia.

References

Cichero, J. A. et al (2017). Development of international terminology and definitions for texture modified foods and thickened fluids used in dysphagia management: The IDDSI framework. *Dysphagia*, 32(2), 293- 31/4.

<https://iddsi.org/framework/drink-testing-methods/>

<https://iddsi.org/framework/food-testing-methods/>