

THIS IS A GUIDE ONLY.

Each product has been tested following the IDDSI framework guidance on flow testing and fork/spoon testing.

Where possible each product and flavour has been tested at a similar point in their shelf life. These products are for the dietary management of patients at risk or with disease related malnutrition.

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

READY TO DRINK/EAT PRODUCTS				
	Flavour	Ambient ^{1 2}	Chilled 5 +/- 1°C ³	Warmed ⁴
		IDDSI level	IDDSI level	IDDSI level
Altraplen COMPACT	All flavours	2	2	1
Altraplen PROTEIN	All flavours	1	2	1
Altrashot	All flavours	2	2	2
Altrajuce	All flavours	0	0	0
Nutricrem ⁵	All flavours	4	4	3
Altraplen COMPACT DAILY	All flavours	2	2	1
Altraplen ENERGY	Strawberry, Vanilla, Banana	0	1	0
	Chocolate	1	1	0

1 Room temperature at time of flow testing (product stored at this temp for 6-12 hours before testing)

2 Left to stand at room temperature of 20°C +/- 1c for 3-4 hours before testing

3 Refrigerated overnight (approx. 12 hours)

4 Liquid warmed for 30-60 seconds (125ml - 30 seconds, 200-250ml - 60 seconds) Nutricrem warmed for 60 seconds. All in 800w microwave (full power)

5 IDDSI fork or flow test used

FOODLINK COMPLETE RANGE WITH WHOLE MILK				
	Flavour	<i>Ambient</i> ^{1 2}	<i>Chilled</i> 5 +/- 1°C ²	<i>Warmed</i> ^{2 3}
		IDDSI level	IDDSI level	IDDSI level
Foodlink Complete 100ml whole milk or Foodlink Complete COMPACT	<i>Strawberry, Vanilla, Natural</i>	1	1	0
	<i>Chocolate</i>	2	2	1
	<i>Banana</i>	1	2	0
Foodlink Complete 200ml whole milk	<i>All flavours</i>	0	0	0
Foodlink Complete WITH FIBRE 100ml whole milk	<i>Strawberry, Vanilla, Chocolate, Banana</i>	1	2	0
	<i>Natural</i>	1	1	0
Foodlink Complete WITH FIBRE 200ml whole milk	<i>All flavours</i>	0	0	0

1 Left to stand at room temperature of 20°C +/- 1°C for 3-4 hours before testing

2 Made following manufacturer's instructions with fresh chilled whole milk

3 Warmed for 60 seconds in 800w microwave (full power)

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

1 Left to stand at room temperature of 20°C +/- 1°C for 3-4 hours before testing

2 Made following manufacturer's instructions with fresh water from the cold tap

3 Warmed for 30 seconds in 800w microwave (full power)

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– 314.

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

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