

THIS IS A GUIDE ONLY.

Each product has been tested following the IDDSI framework guidance by two independent Speech and Language Therapists, each with over 25 years' experience, who wrote up the results without bias. Once a liquid was prepared to the correct temperature, it was tested using appropriate syringes/forks/spoons and 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 always recommend conducting an IDDSI flow/fork/spoon test where products are stored or served outside of these guidelines.

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

READY TO DRINK/EAT PRODUCTS				
	Flavour	Ambient ¹	Chilled ² 5 +/- 1°C ³	Warmed ³
		IDDSI level	IDDSI level	IDDSI level
Altraplen COMPACT	Banana, Strawberry, Hazel Chocolate	2	2	1
	Vanilla	2	3	1
Altraplen PROTEIN	All flavours	1	2	0
Altrashot	All flavours	2	2	0
Altrajuce	All flavours	0	0	0
Nutricrem ⁴	All flavours	4	4	3
Altraplen COMPACT DAILY	Vanilla	2	3	1
	Hazel Chocolate, Banana	2	2	1
	Strawberry	2	3	2
Altraplen ENERGY	Strawberry, Vanilla, Banana	0	1	0
	Chocolate	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 COMPLETE 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>Strawberry, Vanilla, Natural, Chocolate</i>	1	1	0
	<i>Banana</i>	1	1	1
Foodlink Complete 200ml whole milk	<i>All flavours</i>	0	0	0
Foodlink Complete WITH FIBRE 100ml whole milk	<i>Vanilla, Natural</i>	1	2	0
	<i>Strawberry, Chocolate</i>	2	2	0
	<i>Banana</i>	2	2	1
Foodlink Complete WITH FIBRE 200ml whole milk	<i>Strawberry, Vanilla, Natural, Chocolate</i>	0	1	0
	<i>Banana</i>	0	0	0

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

FOODLINK COMPLETE 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>Banana, Natural, Vanilla, Chocolate</i>	0	1	0
	<i>Strawberry</i>	0	0	0
Foodlink Complete 200ml tap water	<i>All flavours</i>	0	0	0
Foodlink Complete WITH FIBRE 100ml tap water	<i>Strawberry, Chocolate</i>	1	2	0
	<i>Vanilla, Natural, Banana</i>	1	1	0
Foodlink Complete WITH FIBRE 200ml tap water	<i>Strawberry, Natural, Vanilla, Chocolate</i>	0	0	0
	<i>Banana</i>	0	1	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 Complete range products were mixed by adding 100ml or 200ml tap water to a Nualtra Shaker, then adding a sachet of the relevant Foodlink Complete product and shaking vigorously for 10 seconds.

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/>