





Neutral Mixing Instructions

Adding SUSTAGEN® Hospital Formula Neutral Flavour to food or taking it as a drink can help boost energy, protein, calcium, vitamin D and essential micronutrients in a quick and convenient way to make every mouthful count.

FOOD	QUANTITY	SUSTAGEN®	METHOD	ADDED PROTEIN	COMMENTS
Water/Milk	200mL	60g (3 x )	Whisk powder into cold milk or water. Use accordingly.	13.8g	Add your favourite flavouring or fruit if desired.
Tea/Coffee	1 cup or 250mL	20g (1 x )	Stir into tea or coffee as a replacement to milk.	4.6g	
Juice (Orange, Apple)	1 cup or 250mL	20g (1 x )	Whisk into juice with a fork just before serving.	4.6g	May separate on standing, simply mix to combine.
Pureed Vegetable	½ cup or approximately 125g	20g (1 x )	Blend into vegetables whilst pureeing or stir into pureed vegetables.	4.6g	Texture of vegetables may thin slightly.
Soup	1 cup or 250mL	20g (1 x )	Whisk into soup after heating.	4.6g	Gives a creamy appearance. Works well in tomato, pumpkin and corn. Add 20–40g depending on taste.
Porridge	½ cup or 40g raw oats	20g (1 x )	Stir into cooked porridge.	4.6g	Add 20–40g depending on taste.
Cereal	½ cup	20g (1 x )	Stir into cereal and add milk.	4.6g	
Mashed Potato	1 cup mashed potato or 250g raw peeled potatoes	40g (2 x )	Add to cooked potato and mash together.	9.2g	Can be used instead of milk.
Scrambled Eggs	2 eggs	20g (1 x )	Stir into 125mL (½ cup) milk. Whisk into eggs and cook over a medium heat, stirring continually for 2–3 minutes.	4.6g	
Natural Yoghurt	½ cup or 125g	40g (2 x )	Stir into yoghurt 5 minutes before serving.	9.2g	Initial grainy appearance but grains dissolve.
Custard	⅓ cup	20g (1 x )	Stir into hot or cold custard 5 minutes before serving.	4.6g	Initial grainy appearance but grains dissolve.
White Sauce	1 cup or 250g	80g (4 x )	Gradually blend into white sauce just before serving.	18.4g	Initial grainy appearance but grains dissolve.
Casseroles	400g	60g (3 x )	Gradually stir into heated casserole just before serving.	13.8g	Gives a creamy appearance. Texture of casserole may thin slightly.
Baked Beans	1 cup or 250g	20g (1 x )	Gradually stir into heated baked beans just before serving.	4.6g	Gives a creamy appearance. Add 20–40g depending on taste.
Pasta Sauce or Tomato Puree	1 cup or 250mL	40g (2 x )	Stir into sauce. Use accordingly.	9.2g	Gives a creamy appearance.
Jelly	1 cup or 250mL	100g (5 x )	Shake or mix vigorously.	23g	Forms the consistency and texture of a pudding.

20g = 1 scoop  available in every 840g can.



SUSTAGEN® products for increased nutritional requirements

Available from pharmacy and selected distributors

SUSTAGEN® Hospital Formula Neutral Flavour



- ✓ Neutral Flavour
- ✓ Add to food or make up as a drink

- Nutritionally complete
- High in protein, calcium & vitamin D
- 27 vitamins & minerals
- Gluten free & Low GI (53)
- Low in fat*

SUSTAGEN® Hospital Formula



- ✓ Vanilla, Chocolate & Coffee Flavours
- ✓ Make up as a drink

- Nutritionally complete
- High in protein, calcium & vitamin D
- 27 vitamins & minerals
- Gluten free & Low GI (Vanilla Flavour = 54, Chocolate Flavour = 49, Coffee Flavour = 48)
- Low in fat*

SUSTAGEN® Hospital Formula Plus Fibre



- ✓ Vanilla & Chocolate Flavours
- ✓ Make up as a drink

- Nutritionally complete
- High in protein, calcium & vitamin D
- 27 vitamins & minerals
- Gluten free & Low GI (Vanilla Flavour = 45, Chocolate Flavour = 42)
- High in fibre
- Low in fat*

SUSTAGEN® OPTIMUM™



- ✓ Vanilla Flavour
- ✓ Make up as a drink

- Nutritionally complete
- Source of protein
- 27 vitamins & minerals including antioxidant vitamins C & E
- Probiotics & fibre
- Gluten free & Low GI (44)
- Low lactose

SUSTAGEN® Diabetic



- ✓ Vanilla Flavour
- ✓ Make up as a drink

- Low GI (34) & lower carbohydrate^
- Nutritionally complete
- High in protein
- High in fibre
- 27 vitamins & minerals
- Low lactose & gluten free

**For more information about the SUSTAGEN® range
or for more recipe ideas, visit www.sustagen.com.au**

Nutritional supplements can only be of assistance where dietary intake is inadequate. Please seek advice on your individual dietary needs from an Accredited Practising Dietitian or your healthcare professional.
SUSTAGEN® Hospital Formula is a formulated meal replacement and cannot be used as a total diet replacement. SUSTAGEN® OPTIMUM™ is a food for special medical purposes and is specifically formulated for medical conditions where nutritional needs cannot be met through diet modification alone. Must be used under the supervision of a healthcare professional. SUSTAGEN® Diabetic is a food for special medical purposes, specifically formulated for people with diabetes who cannot meet their nutritional needs through diet modification alone. Must be used under medical supervision.

©Reg. Trademark of Société des Produits Nestlé S.A. Nestlé Healthcare Nutrition, a division of Nestlé Australia Ltd, 20-24 Howleys Road, Notting Hill VIC 3168, Australia. For more information call **1800 671 628**.
For healthcare professional use only.

* When made up with water or skim milk.

^ Compared to SUSTAGEN® Hospital Formula and SUSTAGEN® Hospital Formula Plus Fibre on a per serve basis.