



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 | 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 | Stir into tea or coffee as a replacement to milk. | 4.6g | |
| Juice (Orange, Apple) | 1 cup or 250mL | 20g | 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 | Blend into vegetables whilst pureeing or stir into pureed vegetables. | 4.6g | Texture of vegetables may thin slightly. |
| Soup | 1 cup or 250mL | 20g | 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 | Stir into cooked porridge. | 4.6g | Add 20–40g depending on taste. |
| Cereal | ½ cup | 20g | Stir into cereal and add milk. | 4.6g | |
| Mashed Potato | 1 cup mashed potato or 250g raw peeled potatoes | 40g | Add to cooked potato and mash together. | 9.2g | Can be used instead of milk. |
| Scrambled Eggs | 2 eggs | 20g | 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 | Stir into yoghurt 5 minutes before serving. | 9.2g | Initial grainy appearance but grains dissolve. |
| Custard | ⅓ cup | 20g | 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 | Gradually blend into white sauce just before serving. | 18.4g | Initial grainy appearance but grains dissolve. |
| Casseroles | 400g | 60g | 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 | 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 | Stir into sauce. Use accordingly. | 9.2g | Gives a creamy appearance. |
| Jelly | 1 cup or 250mL | 100g | Shake or mix vigorously. | 23g | Forms the consistency & texture of a pudding. |

SUSTAGEN® Hospital Formula Neutral Flavour is available in a convenient 3kg bag.



Neutral Bulk Mixing Instructions

| FOOD | 1 PERSON | | 5 PEOPLE | | 10 PEOPLE | | 15 PEOPLE | |
|------------------|---|-----------|------------------|-----------|-------------------|-----------|-------------------|-----------|
| | QUANTITY | SUSTAGEN® | QUANTITY | SUSTAGEN® | QUANTITY | SUSTAGEN® | QUANTITY | SUSTAGEN® |
| Water/Milk | 200mL | 60g | 1000mL | 300g | 2000mL | 600g | 3000mL | 900g |
| Tea/Coffee/Juice | 1 cup or 250mL | 20g | 5 cups or 1250mL | 100g | 10 cups or 2500mL | 200g | 15 cups or 3750mL | 300g |
| Pureed Vegetable | ½ cup or approximately 125g | 20g | 2.5 cups or 625g | 100g | 5 cups or 1250g | 200g | 7.5 cups or 1875g | 300g |
| Soup | 1 cup or 250mL | 20g | 5 cups or 1250mL | 100g | 10 cups or 2500mL | 200g | 15 cups or 3750mL | 300g |
| Porridge | ½ cup or 40g raw oats | 20g | 2.5 cups or 200g | 100g | 5 cups or 400g | 200g | 7.5 cups or 600g | 300g |
| Cereal | ½ cup | 20g | 2.5 cups | 100g | 5 cups | 200g | 7.5 cups | 300g |
| Mashed Potato | 1 cup mashed potato or 250g raw peeled potatoes | 20g | 5 cups or 1250g | 100g | 10 cups or 2500g | 200g | 15 cups or 3750g | 300g |
| Scrambled Eggs | 2 eggs | 20g | 10 eggs | 100g | 20 eggs | 200g | 30 eggs | 300g |
| Custard | ⅓ cup | 20g | 1.5 cups | 100g | 3 cups | 200g | 4.5 cups | 300g |
| White Sauce | 1 cup or 250g | 40g | 5 cups or 1250g | 200g | 10 cups or 2500g | 400g | 15 cups or 3750g | 600g |

For more information about SUSTAGEN® Hospital Formula Neutral Flavour or the rest of 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.

©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.