



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.



ENABLING AUSTRALIAN HEALTHCARE

1300 242 362
ch2.net.au



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.