

Dysphagia

For full nutritional values on all Flavour Creations products, visit FlavourCreations.com.au

PRODUCT	FLAVOUR	AVAILABLE IN:		AMYLASE RESISTANT	GLUTEN FREE	NUT FREE	SOY FREE	DAIRY FREE	LACTOSE	LOW SODIUM	NUTRITIONALLY COMPLETE	HALAL CERTIFIED	KOSHER CERTIFIED	VEGETARIAN SUITABLE	VEGAN SUITABLE
		ENERGY PER SERVE kJ (kcal)	PROTEIN PER SERVE (g)												
THICKENED READY-TO-DRINKS															
Waters	Water AVAILABLE IN:	55 (13)	0.1								-				
	Watermelon Flavoured	138 (33)	0.1								-				
Diet Drink	Lemon	116 (28)	0.2								-				
Cordial Drinks	Citrus Flavoured	393 (94)	0								-				
	Lime Flavoured	420 (101)	0								-				
	Raspberry Flavoured	427 (102)	0.1								-				
Real Fruit Juices	Apple AVAILABLE IN:	360 (86)	0.3								-				
	Orange	352 (84)	0.9								-				
	Sun	458 (110)	0.5								-				
Functional Drinks	Cranberry AVAILABLE IN:	453 (109)	0.1							-	-				
	Pear Juice	330 (79)	0.2								-				
Hot Drinks	White Tea	75 (18)	0.2								-				
	White Coffee AVAILABLE IN:	169 (41)	1.5					-			-				-
THICKENED SUPPLEMENTS															
Creamy Drinks	Chocolate	566 (136)	5.6					-	-		-				-
	Dairy	489 (117)	7.0					-	-		-				-
	Strawberry Flavoured	616 (148)	6.3					-	-		-		-	-	-
Protein Fortified	Caramel Flavoured AVAILABLE IN:	1100 (264)	15.0					-		-	-		-	-	-
	Lemon Lime Flavoured	685 (164)	15.2							-	-		-	-	-
Nutritionally Complete	Apple Berry Flavoured AVAILABLE IN:	1110 (266)	15.0							-			-	-	-
	Chocolate	1120 (269)	15.0					-		-			-	-	-
	Iced Coffee Flavoured AVAILABLE IN:	1120 (269)	15.2							-			-	-	-
	Lactose Free Vanilla Flavour AVAILABLE IN:	1100 (264)	15.0					-		-			-	-	-
THICKENERS															
instant THICK Liquid	Neutral AVAILABLE IN:	78 (19)	0.1							-	-				
instant THICK Powder	Neutral AVAILABLE IN:	47 (11)	0							-	-				
thickplus Powder	Neutral AVAILABLE IN:	78 (19)	0.7							-	-				
TEXTURE MODIFIED FOOD															
Shape It Instant Shaping Powder	Neutral	12 (3)	0							-	-				

*IDDSI Level 3 unless otherwise stated.

^Applicable to IDDSI Level 2 & 3 only.

Nutrition

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PRODUCT	FLAVOUR	ENERGY PER SERVE kJ (kcal)	PROTEIN PER SERVE (g)	AMYLASE RESISTANT	GLUTEN FREE	NUT FREE	SOY FREE	DAIRY FREE	LACTOSE	LOW SODIUM	NUTRITIONALLY COMPLETE	TEXTURE MODIFIED	HALAL CERTIFIED	KOSHER CERTIFIED	VEGETARIAN SUITABLE	VEGAN SUITABLE
NUTRITIONALLY COMPLETE																
AdVital Powder	Neutral	420 (101)	15.1	AR	GF	NF	SF	-	L+L	-	NC	-	HL	KD	VE	-
	Chocolate	420 (101)	15.5	AR	GF	NF	SF	-	L+L	-	NC	-	HL	KD	VE	-
	Vanilla	420 (101)	15.1	AR	GF	NF	SF	-	L+L	-	NC	-	HL	KD	VE	-
AdVital Mousse	Chocolate	647 (155)	8.1	AR	GF	NF	SF	-	-	-	NC	4	HL	KD	VE	-
AdVital Smooth Fruits	Apple & Plum	758 (182)	15.1	AR	GF	NF	SF	DF	LF	-	NC	4	HL	-	-	-
	Banana & Mango	748 (180)	15.0	AR	GF	NF	SF	DF	LF	-	NC	4	HL	-	-	-
HIGH PROTEIN																
2.5kcal Nutritionally Complete	Vanilla Flavour	1820 (437)	20.0	AR	GF	NF	-	-	LF	-	NC	-	HL	-	-	-
ProKick Protein Drink	Watermelon	656 (157)	20.0	AR	GF	NF	SF	DF	LF	L+S	-	-	HL	-	-	-
	Lemon Lime	589 (141)	20.0	AR	GF	NF	SF	DF	LF	L+S	-	-	HL	-	-	-
	Mango Passionfruit	651 (156)	20.0	AR	GF	NF	SF	DF	LF	L+S	-	-	HL	-	-	-
Recover Protein Drink	Watermelon Flavoured	633 (152)	11.0	AR	GF	NF	SF	DF	LF	L+S	-	-	HL	-	-	-
	Wildberry Flavoured	628 (151)	11.0	AR	GF	NF	SF	DF	LF	L+S	-	-	HL	-	-	-
Fruits with Attitude Fruit Purees	Apple & Apricot	492 (118)	8.0	AR	GF	NF	SF	DF	LF	L+S	-	4	HL	-	-	-
	Banana & Mango	490 (118)	8.0	AR	GF	NF	SF	DF	LF	L+S	-	4	HL	-	-	-
	Lemon	713 (171)	8.1	AR	GF	NF	-	DF	LF	-	-	4	HL	KO	VE	VG
Protein Fortified Pudding	Lemon Lime Flavoured	718 (172)	15.0	AR	GF	NF	SF	DF	LF	-	-	4	HL	-	-	-
SCREAMIES Protein No-Melt Ice-Scream	Salted Caramel	1200 (288)	8.1	AR	GF	NF	SF	-	-	-	-	4	HL	KD	VE	-
	Chocolate	1200 (288)	8.1	AR	GF	NF	SF	-	-	L+S	-	4	HL	KD	VE	-
DRINKS, SNACKS & DESSERTS																
Juice	Pear	324 (78)	0.1	AR	GF	NF	SF	DF	LF	L+S	-	-	HL	KO	VE	VG
SCREAMIES No-Melt Ice-Scream	Chocolate	1250 (300)	2.9	AR	GF	NF	SF	-	-	L+S	-	4	HL	KD	VE	-
	Strawberry	1210 (290)	2.4	AR	GF	NF	SF	-	-	L+S	-	4	HL	-	-	-
	Vanilla Flavour	1210 (290)	2.5	AR	GF	NF	SF	-	-	L+S	-	4	HL	KD	VE	-
Flavour Creations Custards	Banana Flavoured	390 (94)	2.0	AR	GF	NF	SF	-	-	L+S	-	4	HL	KD	VE	-
	Chocolate	394 (95)	2.3	AR	GF	NF	SF	-	-	L+S	-	4	HL	KD	VE	-
	Vanilla Flavoured	385 (92)	2.0	AR	GF	NF	SF	-	-	L+S	-	4	HL	KD	VE	-
HIGH-ENERGY POWDERS																
Carb Plus Energy Supplement	Neutral	163 (39)	0	AR	GF	NF	SF	DF	LF	L+S	-	-	HL	KO	VE	VG

Legend

GF	Gluten Free	LF	Lactose Free	1	IDDSI Level 1 - Slightly Thick Drinks	HL	Halal Certified
NF	Nut Free	L+L	Low Lactose: no more than 2g of lactose per 100g of food	2	IDDSI Level 2 - Mildly Thick Drinks	KO	Kosher Certified
DF	Dairy Free	L+S	Low Sodium	3	IDDSI Level 3 - Moderately Thick Drinks	KD	Kosher Dairy Certified
SF	Soy Free	NC	Nutritionally Complete	4	IDDSI Level 4 - Extremely Thick Drinks	VE	Vegetarian Suitable
AR	Amylase Resistant			4	IDDSI Level 4 - Pureed Food	VG	Vegan Suitable

Flavour Creations products are manufactured in a facility that does not process gluten, tree nuts, peanuts, eggs, sesame seeds, lupins, fish, molluscs or crustaceans. The information provided in this flyer was correct at time of printing. Please refer to FlavourCreations.com.au for the latest product information.