



PRODUCT CATALOGUE

*To enhance the quality of all
human life, harness our passion,
and delight our global family.*



Transforming the global nutritional experience with cutting edge products, happily consumed by millions, every day.

Life Enhancing Nutrition

Founded in Queensland, Australia by Bernadette Eriksen, for over 26 years, Flavour Creations has developed science-backed targeted health and medical nutrition solutions. Driven by Bernadette's passion for food and a desire to help people with specific nutritional needs, Flavour Creations provides life-enhancing nutrition.

A leading provider of nutrition for individuals living with dysphagia (difficulty swallowing), today, Flavour Creations is expanding globally. Its range of high-quality, great tasting nutrition solutions are supplied to hospitals, aged care homes, pharmacies and direct-to-homes.

Flavour Creations is committed to delivering sustainable nutrition through locally sourced ingredients that support Australian jobs. All our products are scientifically formulated by our team of food scientists, speech pathologists and dietitians, and are subject to rigorous quality and safety processes.


Flavour Creations is distinguished by its proactive innovation, care and unwavering support provided to customers, helping to restore dignity and quality of life.

Flavour Creations makes nutrition easy, enjoyable and accessible.



about
Dysphagia


Dysphagia (difficulty swallowing) is common among children and adults with certain neurological disorders and acquired brain injuries, people with head and neck cancer, and older adults. Many people living with dysphagia can endure malnutrition, dehydration, social isolation and are at risk of aspiration pneumonia.



Up to 50% of aged care residents have dysphagia^{1,2}



Up to 25% of acute hospital patients have dysphagia²



Up to 22% of Australians have dysphagia¹

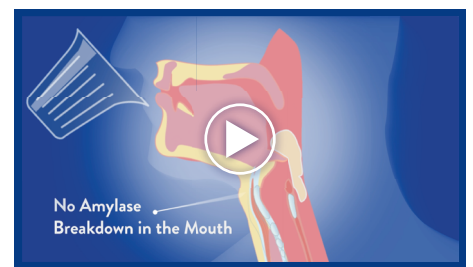


Up to 50% of post-stroke patients have dysphagia¹

Amylase Resistant™ Range

Using patented technology, Flavour Creations Amylase Resistant™ formula maintains a stable consistency of foods and drinks during the entire swallowing process, unlike starch-based thickened products. Our formula assists to improve the safety, quality, and taste of our products and supports better hydration and nutrition for people living with dysphagia.

- Largest Amylase Resistant range – drinks, powders, snacks and desserts
- Formulated to International Dysphagia Diet Standardisation Initiative (IDDSI)
- Supports better safety, quality and taste



WATCH VIDEO



Dysphagia Cup and Holder

After seven years of rigorous research and development, in 2016 Flavour Creations launched its award-winning Dysphagia Cup. Designed to Arthritis Australia's Packaging Design Accessibility Guidelines, the Flavour Creations Dysphagia Cup has six key features that empowers individuals to hold their own cup to drink independently.

IDDSI Compliant
For safety.

Embossed Texture
To improve grip.

Easy Peel Lid
30mm length

Angled Cup Rim
To improve cup seal and minimise leakage.

External Ribbing
To support grip.

Unique Cup Shape
To reduce neck extension and allow drinking without tilting the head back.

Australian Patent No. 2015234327

DYSPHAGIA CUP HOLDER



Dysphagia Cup Awards



GOLD AWARD
QLD Urban Utilities Award
for Product Innovation



1. Australian and New Zealand Society for Geriatric Medicine. Position Statement – Dysphagia and aspiration in older people. Australas J Ageing. 2011; 30: 98-103.
2. Cichero JA, Heaton S, Bassett L. Triaging dysphagia: nurse screening for dysphagia in an acute hospital. J Clin Nurs. 2009; 11:1649-59.

WORLD'S LARGEST RANGE

22 FLAVOURS • 8 CATEGORIES • 4 IDDSI LEVELS

Boasting the largest range of Thickened Ready-to-Drink products, our drinks are available in all four IDDSI levels to be enjoyed by everyone dining with dysphagia.



	Waters		Juices			Hot Drinks		Cordial Drinks					
1 SLIGHTLY THICK													
	Water		Apple										
2 MILDLY THICK													
	Water	Watermelon	Apple	Orange	Sun	White Tea	White Coffee	Citrus	Diet Lemon	Lime	Raspberry		
3 MODERATELY THICK													
	Water	Watermelon	Apple	Orange	Sun	White Tea	White Coffee	Citrus	Diet Lemon	Lime	Raspberry		
4 EXTREMELY THICK													
	Water	Watermelon	Apple	Orange	Sun	White Tea		Citrus	Diet Lemon	Lime	Raspberry		

Creamy Drinks	Protein Fortified	Nutritionally Complete	Functional Drinks
	 <p>Caramel</p>	 <p>Apple Berry</p>	
   <p>Chocolate Dairy Strawberry</p>	  <p>Lemon Lime Caramel</p>	    <p>Apple Berry Chocolate Iced Coffee Vanilla</p>	  <p>Pear Juice Cranberry</p>
   <p>Chocolate Dairy Strawberry</p>	  <p>Lemon Lime Caramel</p>	    <p>Apple Berry Chocolate Iced Coffee Vanilla</p>	 <p>Pear Juice</p>
   <p>Chocolate Dairy Strawberry</p>	 <p>Lemon Lime</p>	  <p>Apple Berry Chocolate</p>	 <p>Pear Juice</p>

Waters

175mL

- Amylase Resistant™
- No Artificial Colours & Flavours
- Low Sodium
- Gluten, Nut & Soy Free
- Clear Fluid



NUTRITION INFORMATION (Average Quantity)

Waters | Level 3 - Moderately Thick

Serving Size: 175mL	Water		Watermelon Flavoured	
	Per Serve	Per 100mL	Per Serve	Per 100mL
Energy	55 kJ	32 kcal	138 kJ	79 kcal
Protein	0.1 g	0 g	0.1 g	0 g
- gluten	Not Detected	Not Detected	Not Detected	Not Detected
Fat, total	0 g	0 g	0 g	0 g
- saturated	0 g	0 g	0 g	0 g
- trans	0 g	0 g	0 g	0 g
Carbohydrate	2.4 g	1.4 g	7.3 g	4.2 g
- sugars	2.3 g	1.3 g	6.2 g	3.6 g
- lactose	0 g	0 g	0 g	0 g
- galactose	0 g	0 g	0 g	0 g
Dietary Fibre	1.7 g	1.0 g	1.7 g	0.9 g
Sodium	89 mg	51 mg	85 mg	49 mg
Potassium	14 mg	8 mg	13 mg	7 mg

Real Fruit Juices

175mL

- Amylase Resistant™
- Made with Real Fruit Juice
- Low Sodium
- No Artificial Colours & Flavours
- Gluten, Nut & Soy Free

Apple Juice

- Clear Fluid



NUTRITION INFORMATION (Average Quantity)

Juices | Level 3 - Moderately Thick

Serving Size: 175mL	Apple Juice		Orange Juice	
	Per Serve	Per 100mL	Per Serve	Per 100mL
Energy	360 kJ	206 kcal	352 kJ	201 kcal
Protein	0.3 g	0.2 g	0.9 g	0.5 g
- gluten	Not Detected	Not Detected	Not Detected	Not Detected
Fat, total	0.1 g	0.1 g	0.1 g	<0.1 g
- saturated	0 g	0 g	0 g	0 g
- trans	0 g	0 g	0 g	0 g
Carbohydrate	19.4 g	11.1 g	19.7 g	11.3 g
- sugars	19.1 g	10.9 g	17.1 g	9.7 g
- lactose	0 g	0 g	0 g	0 g
- galactose	0 g	0 g	0 g	0 g
Dietary Fibre	1.6 g	0.9 g	1.5 g	0.9 g
Sodium	84 mg	48 mg	26 mg	15 mg
Potassium	233 mg	133 mg	237 mg	135 mg

NUTRITION INFORMATION (Average Quantity)

Juices | Level 3 - Moderately Thick

Serving Size: 175mL	Sun Juice		Pear Juice	
	Per Serve	Per 100mL	Per Serve	Per 100mL
Energy	458 kJ	262 kcal	330 kJ	189 kcal
Protein	0.5 g	0.3 g	0.2 g	0.1 g
- gluten	Not Detected	Not Detected	Not Detected	Not Detected
Fat, total	0 g	0 g	0.1 g	0 g
- saturated	0 g	0 g	0 g	0 g
- trans	0 g	0 g	0 g	0 g
Carbohydrate	25.8 g	14.8 g	17.1 g	9.8 g
- sugars	24.6 g	14.0 g	15.9 g	9.1 g
- lactose	0 g	0 g	0 g	0 g
- galactose	0 g	0 g	0 g	0 g
Dietary Fibre	1.3 g	0.7 g	3.8 g	2.2 g
Sodium	28 mg	16 mg	60 mg	35 mg
Potassium	194 mg	111 mg	162 mg	92 mg

Hot Drinks

175mL

- Amylase Resistant™
- No Artificial Colours & Flavours
- Gluten, Nut & Soy Free
- Low Sodium

White Tea

- Dairy Free

White Coffee

- Low Lactose



NUTRITION INFORMATION (Average Quantity)

Hot Drinks | Level 3 - Moderately Thick

Serving Size: 175mL	White Tea		White Coffee	
	Per Serve	Per 100mL	Per Serve	Per 100mL
Energy	75 kJ	43 kcal	169 kJ	96 kcal
Protein	0.2 g	0.1 g	1.5 g	0.8 g
- gluten	Not Detected	Not Detected	Not Detected	Not Detected
Fat, total	0 g	0 g	1.0 g	0.6 g
- saturated	0 g	0 g	0.8 g	0.4 g
- trans	0 g	0 g	0 g	0 g
Carbohydrate	3.5 g	2.0 g	6.4 g	3.7 g
- sugars	3.1 g	1.8 g	3.3 g	1.9 g
- lactose	0 g	0 g	1.5 g	0.8 g
- galactose	0 g	0 g	0 g	0 g
Dietary Fibre	2.1 g	1.2 g	2.0 g	1.2 g
Sodium	105 mg	60 mg	204 mg	117 mg
Potassium	17 mg	10 mg	238 mg	136 mg

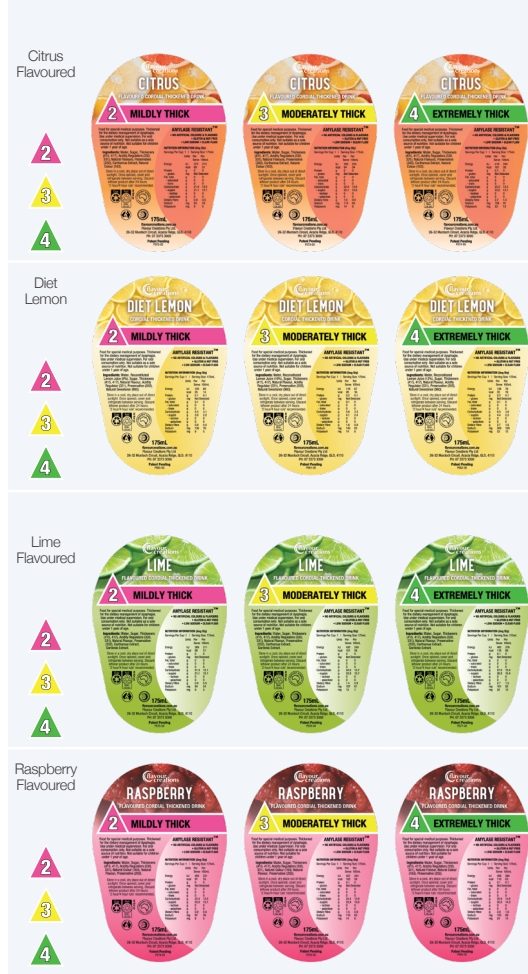
Cordial Drinks

175mL

- Amylase Resistant™
- No Artificial Colours & Flavours
- Low Sodium
- Gluten, Nut & Soy Free
- Clear Fluid



Diet when compared to other Flavour Creations cordial drinks.



NUTRITION INFORMATION (Average Quantity)

Cordial Drinks | Level 3 - Moderately Thick

Serving Size: 175mL	Units	Citrus Flavoured		Diet Lemon	
		Per Serve	Per 100mL	Per Serve	Per 100mL
Energy	kJ	393	225	116	67
	kcal	94	54	28	16
Protein	g	0	0	0.2	0.1
- gluten	mg	Not Detected	Not Detected	Not Detected	Not Detected
Fat, total	g	0	0	0.1	0
- saturated	g	0	0	0	0
- trans	g	0	0	0	0
Carbohydrate	g	22.4	12.8	5.8	3.3
- sugars	g	22.1	12.6	4.1	2.4
- lactose	g	0	0	0	0
- galactose	g	0	0	0	0
Dietary Fibre	g	1.5	0.9	1.6	0.9
Sodium	mg	113	65	145	83
Potassium	mg	14	8	14	8

NUTRITION INFORMATION (Average Quantity)

Cordial Drinks | Level 3 - Moderately Thick

Serving Size: 175mL	Units	Lime Flavoured		Raspberry Flavoured	
		Per Serve	Per 100mL	Per Serve	Per 100mL
Energy	kJ	420	240	427	244
	kcal	101	58	102	59
Protein	g	0	0	0.1	0
- gluten	mg	Not Detected	Not Detected	Not Detected	Not Detected
Fat, total	g	0	0	0	0
- saturated	g	0	0	0	0
- trans	g	0	0	0	0
Carbohydrate	g	24.0	13.7	24.4	13.9
- sugars	g	23.9	13.7	23.9	13.6
- lactose	g	0	0	0	0
- galactose	g	0	0	0	0
Dietary Fibre	g	1.4	0.8	1.5	0.9
Sodium	mg	107	61	110	63
Potassium	mg	13	7	14	8

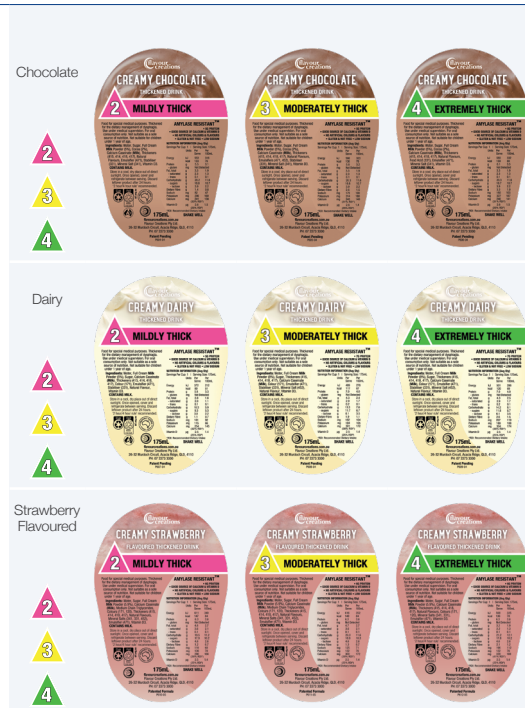
Creamy Drinks

175mL

- Amylase Resistant™
- Source of Protein
- Gluten, Nut & Soy Free
- Low Sodium
- No Artificial Colours & Flavours



*Strawberry Flavoured is not Kosher Dairy certified



NUTRITION INFORMATION (Average Quantity)

Creamy Drinks | Level 3 - Moderately Thick

Serving Size: 175mL	Units	Chocolate		Dairy		Strawberry Flavoured	
		Per Serve	Per 100mL	Per Serve	Per 100mL	Per Serve	Per 100mL
Energy	kJ	566	323	489	279	616	352
	kcal	136	78	117	67	148	84
Protein	g	5.6	3.2	7.0	4.0	6.3	3.6
- gluten	mg	Not Detected	Not Detected	Not Detected	Not Detected	Not Detected	Not Detected
Fat, total	g	3.3	1.9	4.3	2.4	4.7	2.7
- saturated	g	2.3	1.3	2.9	1.7	3.6	2.1
- trans	g	0.1	0.1	0.2	0.1	0.1	0.1
Carbohydrate	g	20.3	11.6	13.3	7.6	20.3	11.6
- sugars	g	18.8	10.7	11.7	6.7	18	10.3
- lactose	g	3.9	2.2	6.1	3.5	4.6	2.6
- galactose	g	0	0	0	0	0	0
Dietary Fibre	g	2.6	1.5	1.9	1.1	1.3	0.7
Sodium	mg	175	100	182	104	125	101
Potassium	mg	314	180	184	105	132	76
Calcium	mg	245	140	301	172	300	172
Vitamin D	µg	2.6	1.4	2.5	1.4	2.5	1.4

Nutritionally Complete Drinks

175mL

- Amylase Resistant™
- 15g Protein
- 27 Vitamins & Minerals
- No Artificial Colours & Flavours
- Source of Calcium & Vitamin D
- Gluten, Nut & Soy Free

Vanilla Flavour

- Lactose Free



NUTRITION INFORMATION (Average Quantity)

Nutritionally Complete | Level 3 - Moderately Thick

Serving Size: 175mL	Units	Apple Berry Flavoured		Chocolate	
		Per Serve	Per 100mL	Per Serve	Per 100mL
Energy	kJ	1110	633	1120	641
	kcal	266	152	269	154
Protein	g	15.0	8.6	15.0	8.6
- gluten	mg	Not Detected	Not Detected	Not Detected	Not Detected
Fat, total	g	0.3	0.2	0.6	0.3
- saturated	g	0.1	0	0.3	0.2
- trans	g	0	0	0	0
Carbohydrate	g	47.6	27.2	47.4	27.1
- sugars	g	31.4	18.0	23.7	13.6
- lactose	g	0	0	0.1	0.1
- galactose	g	0	0	0	0
Dietary Fibre	g	5.0	2.9	6.5	3.7
Sodium	mg	157	90	251	143
Potassium	mg	191	109	387	221
Calcium	mg	199	114	322	184
Vitamin D	µg	2.2	1.3	29.8	17.0

NUTRITION INFORMATION (Average Quantity)

Nutritionally Complete | Level 3 - Moderately Thick

Serving Size: 175mL	Units	Iced Coffee Flavoured		Vanilla Flavour	
		Per Serve	Per 100mL	Per Serve	Per 100mL
Energy	kJ	1120	641	1110	629
	kcal	269	154	264	151
Protein	g	15.2	8.7	15	8.6
- gluten	mg	Not Detected	Not Detected	Not Detected	Not Detected
Fat, total	g	0.1	0	6.1	3.5
- saturated	g	0.1	0	0	0
- trans	g	0	0	0	0
Carbohydrate	g	49.1	28.1	34.7	19.8
- sugars	g	12.4	7.1	11	6.3
- lactose	g	0	0	0	0
- galactose	g	0	0	0	0
Dietary Fibre	g	5.4	3.1	4.7	2.7
Sodium	mg	420	240	337	193
Potassium	mg	299	171	292	167

Protein Fortified Drink

175mL

- Amylase Resistant™
- 15g Protein
- Source of Fibre
- Lactose Free
- Gluten, Nut & Soy Free
- No Artificial Colours & Flavours



NUTRITION INFORMATION (Average Quantity)

Protein Fortified | Level 3 - Moderately Thick

Serving Size: 175mL	Units	Lemon Lime Flavoured		Caramel Flavoured	
		Per Serve	Per 100mL	Per Serve	Per 100mL
Energy	kJ	685	392	1100	629
	kcal	164	94	264	151
Protein	g	15.2	8.7	15.0	8.6
- gluten	mg	Not Detected	Not Detected	Not Detected	Not Detected
Fat, total	g	0	0	0	0
- saturated	g	0	0	0	0
- trans	g	0	0	0	0
Carbohydrate	g	21.9	12.5	48.9	27.9
- sugars	g	21.2	12.1	13.1	7.5
- lactose	g	0	0	0	0
- galactose	g	0	0	0	0
Dietary Fibre	g	7.0	4.0	4.0	2.3
Sodium	mg	484	276	231	132
Potassium	mg	13	7	4	2

Functional Drinks

175mL

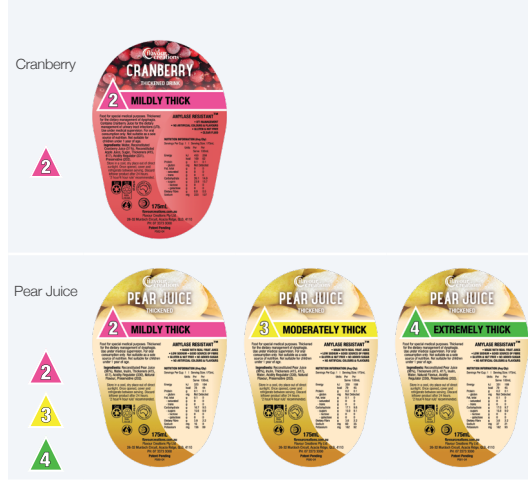
- No Artificial Colours & Flavours
- Gluten, Nut & Soy Free

Cranberry Drink Thickened

- UTI Management
- Made with Real Fruit Juice
- Clear Fluid
- Amylase Resistant™

Pear Juice Thickened

- Made with Real Fruit Juice
- Good Source of Fibre
- Amylase Resistant™



NUTRITION INFORMATION (Average Quantity)

		Cranberry Level 2		Pear Juice Level 3	
Serving Size: 175mL		Per Serve	Per 100mL	Per Serve	Per 100mL
Energy	kcal	453	259	330	189
		109	62	79	45
Protein	g	0.1	0.1	0.2	0.1
- gluten	mg	Not Detected	Not Detected	Not Detected	Not Detected
Fat, total	g	0	0	0.1	0
- saturated	g	0	0	0	0
- trans	g	0	0	0	0
Carbohydrate	g	26.1	14.9	17.1	9.8
- sugars	g	23.9	13.7	15.9	9.1
- lactose	g	0	0	0	0
- galactose	g	0	0	0	0
Dietary Fibre	g	0.9	0.5	3.8	2.2
Sodium	mg	223	127	60	35
Potassium	mg	84	48	162	92



Accessories

Flavour Creations Dysphagia Cup Holder

Pack Size: 12



- Large Easy-Grip Handles
- Suitable for Ready-to-Drink Cup
- Reusable
- Dishwasher Safe

Round Cup Lid with Spoon

Pack Size: 36



- Reseal Opened Snacks, Desserts & Drinks
- On-the-Go Convenience
- Suitable for Flavour Creations Round Cups

Flavour Creations Dysphagia Cup Lid

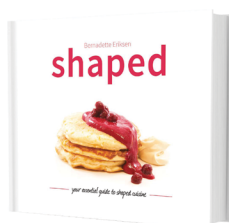
Pack Size: 50



- Reseal Ready-to-Drink Cup
- Designed for Dysphagia Cup
- Reusable

Shaped Recipe Book

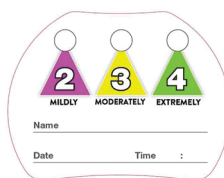
Pack Size: 1



- Essential Guide to Shaped Cuisine
- 120 Texture-Modified Recipes
- Entrees, Mains, Desserts and more

Flavour Creations Dysphagia Cup Lid Sticker

Pack Size: 200 Per Roll



- Designed for Dysphagia Cup Lid
- Promote Food Safety
- IDDSI Compliant
- Label with Dysphagia Cup Lid Sticker

IDDSI Level Sticker

Pack Size: 200 Per Roll



- Label for hand-thickened fluids
- Promote Food Safety
- IDDSI Compliant

thickener Liquid

instant THICK Liquid

Single Serve 950mL Bottle

- Amylase Resistant™
- Accurate Dosing
- Ready in 30 seconds
- Hygienic Seal
- Taste-Free for use in Food & Drinks
- No Artificial Colours & Flavours
- Gluten, Nut & Soy Free

NEW



Neutral



NUTRITION INFORMATION (Average Quantity)

instant THICK Liquid			
	Units	Per Serve (1 Pump)	Per 100mL
Serving Size:		4.6mL	-
Servings Per Pack:		206	-
Energy	kJ	20	423
	kcal	5	102
Protein	g	<0.1	0.4
- gluten	mg	Not Detected	Not Detected
Fat, total	g	0	0
- saturated	g	0	0
- trans	g	0	0
Carbohydrate	g	0.8	17.2
- sugars	g	0	0
- lactose	g	0	0
- galactose	g	0	0
Dietary Fibre	g	0.7	14.5
Sodium	mg	4	92
Potassium	mg	7	146
Phosphorus	mg	<0.1	0.8

thickener Powder

instant THICK Powder

Single Serve Sachet, 100g Can,
675g Can, 1.75kg Pail

- Amylase Resistant™
- One Scoop or Sachet Per Serve
- Dissolves Clear
- Taste-Free to Improve Hydration
- No Added Colours, Flavours or Preservatives
- Gluten, Nut & Soy Free



Neutral



NUTRITION INFORMATION (Average Quantity)

instant THICK Powder					
	Level 1 Slightly Thick	Level 2 Mildly Thick	Level 3 Moderately Thick	Level 4 Extremely Thick	Average Quantity Per 100g
Serving Size:	1g	1.9g	3.7g	7.2g	
	Units				
Energy	kJ	13	24	47	91
	kcal	3	6	11	22
Protein	g	0	0	0.1	0.9
- gluten	mg	Not Detected	Not Detected	Not Detected	Not Detected
Fat, total	g	0	0	0	0
- saturated	g	0	0	0	0
- trans	g	0	0	0	0
Carbohydrate	g	0.6	1.1	2.3	4.4
- sugars	g	0	0.1	0.1	0.2
- lactose	g	0	0	0	0
- galactose	g	0	0	0	0
Dietary Fibre	g	0	0	0	0
Sodium	mg	16	30	59	115
Potassium	mg	2	4	8	16
Phosphorus	mg	1	3	5	10

thickplus Powder

1kg Can

- Amylase Resistant™
- Bulk Thickener
- Blends Easily for a Smooth Texture
- Gluten, Nut & Soy Free
- Dairy Free
- No Added Sugar, Flavours or Colours



Neutral



NUTRITION INFORMATION (Average Quantity)

thickplus Powder					
	Level 1 Slightly Thick	Level 2 Mildly Thick	Level 3 Moderately Thick	Level 4 Extremely Thick	Average Quantity Per 100g
Serving Size:	2.7g	5.5g	11g	22g	
	Units				
Energy	kJ	19.2	39	78	155
	kcal	4.6	9	19	37
Protein	g	0.2	0.3	0.7	1.3
- gluten	mg	Not Detected	Not Detected	Not Detected	Not Detected
Fat, total	g	0	0	0	0
- saturated	g	0	0	0	0
- trans	g	0	0	0	0
Carbohydrate	g	0	0	0	0
- sugars	g	0	0	0	0
- lactose	g	0	0	0	0
- galactose	g	0	0	0	0
Dietary Fibre	g	2.1	4.2	8.2	16.7
Sodium	mg	108	220	440	880
Potassium	mg	7.7	15.8	31.6	63.3

texture modified foods Powder

Shape It Instant Powder

200g Cans, 3kg Pail

- Easily Shapes Food to Any Shape, Size & Texture
- Heat & Freeze-Thaw Stable
- Does Not Alter Taste or Colour
- Vegan & Vegetarian Suitable
- Gluten, Nut & Soy Free
- No Added Preservatives
- Amylase Resistant™



Neutral

NUTRITION INFORMATION (Average Quantity)

Shape It Instant Powder

	Units	Per Serve	Per 100g
Energy	kJ	12	1150
	kcal	3	276
Protein	g	0	0.2
- gluten	mg	Not Detected	Not Detected
Fat, total	g	0	0.2
- saturated	g	0	0.2
Carbohydrate	g	0.4	44.2
- sugars	g	0.1	7.1
Dietary Fibre	g	0.5	47.5
Sodium	mg	5	503



Shape It Moulds Make Assembling Texture Modified Food Easy



Cook & Puree Food



Activate Shape It Powder



Pour into Mould + Set



Store or Serve

Shape It Food Moulds

Designed for texture-modified food, Shape it Food Moulds help to create texture-modified cuisine: food that looks like food. With Shape It Powder and Moulds texture-modified meals look as good as they taste, with the same colour, layering, height and shape as regular food.

- 100% Food Grade Silicone
- Dishwasher Safe
- Freezer Safe
- Microwave Safe
- Oven Safe
- Stackable

Red Meat Mould + Lid



Portion: 8
Portion Size: 9.7 x 5.9 x 2.5 cm
Portion Capacity: 100mL

Sausage Mould + Lid



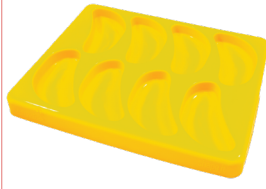
Portion: 6
Portion Size: 8.7 x 6.2 x 2.5 cm
Portion Capacity: 100mL

Fish Mould + Lid



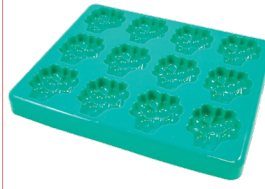
Portion: 6
Portion Size: 8.9 x 7.0 x 2.0 cm
Portion Capacity: 100mL

Poultry Mould + Lid



Portion: 8
Portion Size: 11.2 x 5.0 cm
Portion Capacity: 100mL

Florets Mould + Lid



Portion: 12
Portion Size: 6.6 x 5.5 x 2.5 cm
Portion Capacity: 50mL

Green Beans Mould + Lid



Portion: 9
Portion Size: 7.4 x 4.8 x 2.2 cm
Portion Capacity: 50mL

Peas/ Corn Mould + Lid



Portion: 9
Portion Size: 6.8 x 2.5 cm
Portion Capacity: 50mL

Carrots Mould + Lid



Portion: 12
Portion Size: 6.5 x 2.5 cm
Portion Capacity: 50mL

Sliced Fruit Mould + Lid



Portion: 24
Portion Size: 7 x 2 cm
Portion Capacity: 20mL

Melon / Pumpkin Mould + Lid



Portion: 12
Portion Size: 6.9 x 4.0 x 2.5 cm
Portion Capacity: 50mL

Half Sphere Mould 12mL + Lid



Portion: 30
Portion Size: 3.5 x 1.8 cm
Portion Capacity: 12mL

Half Sphere Mould 5mL + Lid



Portion: 48
Portion Size: 2.5 x 1.6 cm
Portion Capacity: 5mL

nutritional supplement
High Protein High Energy

2.5 kcal Nutritionally Complete Drink
 175mL

- 2.5 kcal/mL
- 20g Protein
- Lactose Free
- 27 Vitamins & Minerals
- No Artificial Colours & Flavours
- Gluten & Nut Free

NEW



Vanilla

NUTRITION INFORMATION (Average Quantity)
 2.5 kcal Nutritionally Complete Drink

Units	Serving Size: 175mL	
	Per Serve	Per 100mL
Energy	kJ 1820	1040
	kcal 437	250
Protein	g 20.0	11.4
- gluten	mg Not Detected	Not Detected
Fat, total	g 5.8	3.3
- saturated	g 0.6	0.3
- trans	g 0	0
Carbohydrate	g 73.8	42.1
- sugars	g 8.5	4.9
- lactose	g 0	0
- galactose	g 0	0
Dietary Fibre	g 0	0
Sodium	mg 470	268
Potassium	mg 384	219
Calcium	mg 432	247
Vitamin D	ug 60.1	34.3



Recover Protein Drink

110mL

- 11g Protein
- 1.3 kcal/mL
- Gluten, Nut & Soy Free
- Dairy and Lactose Free
- Low Sodium
- Clear Fluid
- Contains L-Arginine



Wildberry Flavoured

Watermelon Flavoured

NUTRITION INFORMATION (Average Quantity)
 Recover Protein Drink

Units	Wildberry Flavoured		Watermelon Flavoured	
	Per Serve	Per 100mL	Per Serve	Per 100mL
Energy	kJ 628	571	633	575
	kcal 151	137	152	138
Protein	g 11	10.0	11	10.0
- gluten	mg Not Detected	Not Detected	Not Detected	Not Detected
Fat, total	g 0	0	0	0
- saturated	g 0	0	0	0
- trans	g 0	0	0	0
Carbohydrate	g 25.4	23.1	26.2	23.8
- sugars	g 5.6	5.1	6.7	6.1
- lactose	g 0	0	0	0
- galactose	g 0	0	0	0
Dietary Fibre	g 0.2	0.2	0.2	0.2
Sodium	mg 31	29	31	28
Potassium	mg 5	5	5	5
L-Arginine	mg 920	830	920	830



functional
Ready-To-Drink

Pear Juice

175mL

- No Artificial Colours & Flavours
- Gluten, Nut & Soy Free
- Made with Real Fruit Juice
- Good Source of Fibre



Pear Juice

NUTRITION INFORMATION (Average Quantity)
 Pear Juice

Units	Serving Size: 175mL	
	Per Serve	Per 100mL
Energy	kJ 324	185
	kcal 78	44
Protein	g 0.1	0.1
- gluten	mg Not Detected	Not Detected
Fat, total	g 0.1	0
- saturated	g 0	0
- trans	g 0	0
Carbohydrate	g 16.8	9.6
- sugars	g 15.7	8.9
- lactose	g 0	0
- galactose	g 0	0
Dietary Fibre	g 4.0	2.3
Sodium	mg 11	6
Potassium	mg 156	89



nutritional supplement

High Protein Drinks & Snacks

ProKick Protein Drink

150mL

- 20g Protein
- Hydrolysed Collagen
- BCAA*
- No Added Sugar
- Gluten, Nut & Soy Free
- No Artificial Flavours
- Clear Fluid



Lemon Lime



Watermelon



Mango Passionfruit

NUTRITION INFORMATION (Average Quantity)

ProKick Protein Drink							
Serving Size: 150mL	Units	Lemon Lime		Watermelon		Mango Passionfruit	
		Per Serve	Per 100mL	Per Serve	Per 100mL	Per Serve	Per 100mL
Energy	kJ	589	393	656	437	651	434
	Cal	141	94	157	105	156	104
Protein	g	20.0	13.3	20.0	13.3	20.0	13.3
Fat, total	g	0.2	0.1	0.1	0.1	0.1	0.1
- saturated	g	0.1	<0.1	0.0	0.0	0.1	<0.1
Carbohydrate	g	12.6	8.4	17.0	11.3	16.2	10.8
- sugars	g	9.8	6.5	13.6	9.1	13.6	9.1
- fructose	g	5.0	3.3	7.2	4.8	7.2	4.8
Dietary Fibre	g	0.4	0.3	0	0	0	0
Sodium	mg	111	74	30	20	30	20
BCAA*	g	1.56	1.04	1.57	1.05	1.56	1.04

*Branched Chain Amino Acids (BCAA) is made up of Leucine, Isoleucine and Valine.



CHECK US OUT ONLINE

Fruits with Attitude

110g

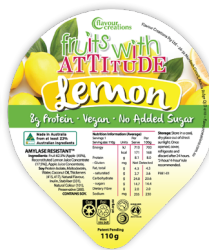
- 8g Protein
- Made with Real Fruits
- Source of Fibre
- No Artificial Colours & Flavours
- Gluten & Nut Free
- Amylase Resistant™



Apple & Apricot



Banana & Mango



Lemon

NUTRITION INFORMATION (Average Quantity)

Fruits With Attitude							
Serving Size: 110g	Units	Apple and Apricot		Banana and Mango		Lemon	
		Per Serve	Per 100g	Per Serve	Per 100g	Per Serve	Per 100g
Energy	kJ	492	447	490	445	713	700
	kcal	118	107	118	107	171	168
Protein	g	8.0	7.3	8.0	7.3	8.1	8.0
- gluten	mg	Not Detected	Not Detected	Not Detected	Not Detected	Not Detected	Not Detected
Fat, total	g	0.1	0.1	0.1	0.1	4.3	4.3
- saturated	g	0.1	0.1	0.1	0.1	3.7	3.6
- trans	g	0	0	0	0	0	0
Carbohydrate	g	20	18.2	19.6	17.9	24.0	23.6
- sugars	g	17.5	15.9	17.3	15.7	14.7	14.4
- lactose	g	0	0	0	0	0	0
- galactose	g	0	0	0	0	0	0
Dietary Fibre	g	2.2	2.0	2.2	2.0	2.0	2.0
Sodium	mg	54	49	53	48	235	230
Potassium	mg	12	11	31	28	91	89

Banana & Mango | Apple & Apricot

- Soy Free
- Low Sodium

Lemon

- Vegan



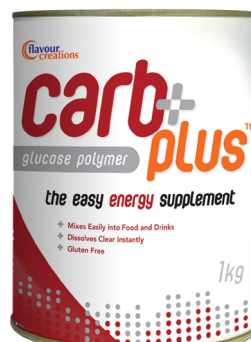
Lemon only

energy Powder

Carb Plus Powder

1kg Can

- 100% of Energy from Carbohydrates
- Mixes Easily into Food & Drink
- Dissolves Clear Instantly
- No Added Colours, Flavours or Preservatives
- Dairy & Lactose Free
- Gluten, Nut & Soy Free
- Low Sodium
- Glucose Polymer



Neutral

NUTRITION INFORMATION (Average Quantity)

Carb Plus Powder			
Serving Size: 10g Carb Plus	Units	Per 100g	
		Per Serve	Per 100g
Energy	kJ	163	1630
	kcal	39	390
Protein	g	0	0
- gluten	mg	Not Detected	Not Detected
Fat, total	g	0	0
- saturated	g	0	0
- trans	g	0	0
Carbohydrate	g	9.6	96
- sugars	g	1.1	11
- lactose	g	0	0
- galactose	g	0	0
Dietary Fibre	g	0	0
Sodium	mg	0.1	1
Potassium	mg	0	0



on-the-go
Snack Range

SCREAMIES Protein

120g

- Shelf Stable (No-Melt)
- 8g Protein
- 2.4 kcal/g
- Creamy Ice-Cream Taste
- Source of Calcium
- Low Sodium (Chocolate only)
- Gluten, Nut & Soy Free
- No Artificial Colours & Flavours
- Amylase Resistant™



Salted Caramel



Chocolate



Salted Caramel
2 x 120g



Chocolate
2 x 120g

NUTRITION INFORMATION (Average Quantity)

SCREAMIES Protein					
Serving Size:	Units	Salted Caramel		Chocolate	
		Per Serve	Per 100g	Per Serve	Per 100g
120g					
Energy	kJ	1200	1000	1200	1000
	kcal	288	240	288	240
Protein	g	8.1	6.8	8.1	6.8
- gluten	mg	Not Detected	Not Detected	Not Detected	Not Detected
Fat, total	g	14.4	12.0	14.5	12.1
- saturated	g	8.7	7.3	8.8	7.3
- trans	g	0.8	0.7	0.8	0.7
Cholesterol	mg	49	41	47	39
Carbohydrate	g	30.9	25.8	31.2	26.0
- sugars	g	19.7	16.4	19.7	16.4
- lactose	g	3.7	3.1	3.6	3.0
- galactose	g	0	0	0	0
Dietary Fibre	g	0.5	0.4	1.0	0.8
Sodium	mg	151	126	100	83
Potassium	mg	128	107	193	161
Calcium	mg	172	144	173	144

SCREAMIES Classic

120g

- Shelf Stable (No-Melt)
- 2.4 kcal/g
- Creamy Ice-Cream Taste
- Source of Calcium
- Low Sodium
- Gluten, Nut & Soy Free
- No Artificial Colours & Flavours
- Amylase Resistant™



Chocolate



Vanilla Flavour



Strawberry



Chocolate
2 x 120g



Vanilla Flavour
2 x 120g



Strawberry
2 x 120g

NUTRITION INFORMATION (Average Quantity)

SCREAMIES Classic							
Serving Size:	Units	Vanilla Flavour		Chocolate		Strawberry	
		Per Serve	Per 100g	Per Serve	Per 100g	Per Serve	Per 100g
120g							
Energy	kJ	1210	1010	1250	1040	1210	1010
	kcal	290	242	300	250	290	242
Protein	g	2.5	2.1	2.9	2.4	2.4	2.0
- gluten	mg	Not Detected	Not Detected	Not Detected	Not Detected	Not Detected	Not Detected
Fat, total	g	15.7	13.1	15.9	13.3	15.6	13.0
- saturated	g	9.5	7.9	9.7	8.1	9.5	7.9
- trans	g	0.8	0.7	0.8	0.7	0.8	0.7
Cholesterol	mg	51	42	51	42	50	42
Carbohydrate	g	34.1	28.4	35.7	29.7	34.5	28.8
- sugars	g	29.9	24.9	30.5	25.4	29.5	24.6
- lactose	g	4.1	3.4	4.1	3.4	3.9	3.3
- galactose	g	0	0	0	0	0	0
Dietary Fibre	g	1.0	0.8	1.6	1.4	1.1	0.9
Sodium	mg	67	56	76	63	66	55
Potassium	mg	120	100	205	171	116	97
Calcium	mg	94.0	78.3	94.5	78.7	91.2	76.0

**Flavour Creations
Custard**

115g

- Low Sodium
- 98% Fat Free
- No Artificial Colours & Flavours
- Amylase Resistant™



Vanilla Flavoured



Chocolate



Banana Flavoured

NUTRITION INFORMATION (Average Quantity)

Custard							
Serving Size:	Units	Vanilla Flavoured		Chocolate		Banana Flavoured	
		Per Serve	Per 100g	Per Serve	Per 100g	Per Serve	Per 100g
120g							
Energy	kJ	385	335	394	342	390	339
	kcal	92	80	95	82	94	81
Protein	g	2.0	1.7	2.3	2.0	2.0	1.7
- gluten	mg	Not Detected	Not Detected	Not Detected	Not Detected	Not Detected	Not Detected
Fat, total	g	2.2	1.9	2.3	2.0	2.2	1.9
- saturated	g	1.4	1.3	1.6	1.3	1.4	1.3
- trans	g	0.1	0.1	0.1	0.1	0.1	0.1
Cholesterol	mg	7	6	7	6	7	6
Carbohydrate	g	15.2	13.2	15.4	13.4	14.9	13.0
- sugars	g	14.9	12.9	14.9	13.0	14.9	13.0
- lactose	g	3.4	2.9	3.4	2.9	3.4	2.9
- galactose	g	0	0	0	0	0	0
Dietary Fibre	g	1.4	1.2	1.7	1.5	1.4	1.2
Sodium	mg	96	83	116	101	96	83
Potassium	mg	136	119	167	145	136	119
Calcium	mg	72	63	72	63	72	63



Stay Connected with the Flavour Family

WEBSITE

The Flavour Creations website offers an extensive range of dysphagia, nutrition and food service products. For full product information, videos, mixing guides and recipes visit our website today.

FlavourCreations.com.au

FLAVOUR CREATIONS AT HOME

Flavour Creations At Home is a program developed for healthcare professionals to manage patients nutrition at home and in the community.

FCHome.FlavourCreations.com.au

RIMMS

Resident Inventory Management & Monitoring System is an RIMMS inventory and ordering management system that ensures residents meet fluid requirements, provides annual budgets and automatically orders stock.

RIMMS.FlavourCreations.com.au

E-LEARNING

Flavour Creations online resource centre has a range of training modules to help clients continually improve in the quality and level of service provided to their residents and patients when using Flavour Creations products.

eLearning.FlavourCreations.com.au



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