

Nutlis – Superior safety for patients with swallowing difficulties

Hospital/Nursing home:

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How do you use Nutlis Powder?

Thickening drinks...

1. Add the prescribed amount of Nutlis to the drink in a shaker preferably, or else a beaker / glass / mug.
2. Shake or whisk vigorously for approximately 10-20 seconds until all the powder is dissolved.
3. Remove the lid
4. Allow to stand for a few minutes until the desired consistency is reached.



Thickening puréed foods...

1. Purée the food you want to thicken so it is completely smooth and free from any lumps. Ideally sieve the purée, especially for foods with 'husks' (e.g. peas and sweetcorn).
2. Add the necessary number of scoops of Nutlis to the purée and stir it well.
3. Allow the food to stand until it reaches the required consistency.
4. The food can now be served or chilled / frozen for later use.
Do not add additional Nutlis during standing time as the liquid is continuing to thicken.



Which consistency for which patient?

A Speech and Language Therapist will advise the recommended consistency for a patient.

Number of scoops required for each thickness grade (based on 200ml of liquid)

*Or Forticreme Complete

New Irish Consistency Descriptors set by IASLT and INDI in April 2010				
	Grade 1 Very mildly thick	Grade 2 Mildly thick	Grade 3 Moderately thick	Grade 4 Extremely thick
Also known as	<i>Naturally thick fluids</i>	<i>Syrup</i>	<i>Custard</i>	<i>Pudding</i>
Regular fluids	1½	2	3	4
Hot drinks	2	3	4	5
Milk	2	3	4	5
200ml Fortisip	1½	3	Forticreme Complete	Forticreme Complete
200ml Fortijuice	2	4	Forticreme Complete	Forticreme Complete
125ml Fortisip Compact	0	1	2	3*

Additional Tips.....

Mixing hot drinks: For optimal results and safety, please allow hot drinks to cool for 8 minutes prior to thickening. The use of the shaker is not recommended for hot drinks. However, if using the shaker for hot drinks, please make sure the lid is securely tightened, shake lightly and remove the lid immediately after shaking. Let the prepared liquid stand for a few minutes to achieve the desired thickness. Do not add additional Nutlis during standing time as the liquid is continuing to thicken. If desired or needed, drinks may be heated in the microwave after the addition of Nutlis. If reheating thickened hot drinks please ensure they are reheated immediately. Please be careful with drinks containing milk to ensure there are no microbiological issues.

Mixing cold drinks: (temperature < 7°C): For optimal results, allow the cold drink to stand for a few minutes prior to thickening. Let the prepared liquid stand for a few minutes to achieve the desired thickness.

Mixing carbonated drinks: Please use caution when thickening carbonated drinks, and stir to reduce fizz before shaking. Make sure the lid is securely tightened and remove the lid immediately after shaking.

Tasty food. Safer food.

Delicious recipes for people with swallowing difficulties

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