

NEW IDDSI GUIDELINES*

Nutlis Clear: Mixing Instructions

Level 1: Slightly thick

1 level scoop
of Nutlis Clear
in 200ml drink



Level 2: Mildly thick

2 level scoops
of Nutlis Clear
in 200ml drink



Level 3: Moderately thick

3 level scoops
of Nutlis Clear
in 200ml drink



Level 4: Extremely thick

7 level scoops
of Nutlis Clear
in 200ml drink



- Always measure the liquid required, e.g. 200ml.
- For best results, Nutlis Clear can be mixed using a fork, whisk or shaker. It is recommended to first place the powder all at once in the glass/cup/shaker and then add the liquid, but it is also possible to first place the liquid in the glass/cup/shaker and add the powder second.
- To avoid lumps start stirring or shaking as soon as possible.
- Leave to stand for one minute.
- Stir gently for five seconds, then serve.

*Please see IDDSI framework for full details on descriptions.
For healthcare professional use only. Nutlis Clear is a Food for Special Medical Purposes for the dietary management of dysphagia and must be used under medical supervision.