



hints & tips

for best results with drinks



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Water & Cordial



Use a Nualtra shaker to mix still and cold liquids. Do not use one to mix hot or fizzy liquids.

- ⊕ Add desired number of scoops to a clean, dry Nualtra shaker.
- ⊕ Pour in 200ml of desired liquid.
- ⊕ Shake VIGOROUSLY** for 20-30 seconds.
- ⊕ Allow the drink to sit for a minimum of 1 minute.
- ⊕ Gently stir the drink before conducting an IDDSI flow test or consuming.

No. of Scoops	IDDSI Level	Time to Sit
1	Level 1	
2	Level 2	1 min
3	Level 3	
7	Level 4	3 mins



Milk & Juices

- ⊕ Add desired number of scoops to a clean, dry Nualtra shaker.
- ⊕ Pour in 200ml of desired milk or fruit juice.
- ⊕ Shake VIGOROUSLY** for 20-30 seconds.
- ⊕ Allow the drink to sit for a minimum of 4-5 minutes.
- ⊕ Gently stir the drink before conducting an IDDSI flow test or consuming.



Milk & fresh juices can take much longer to thicken than other liquids.

No. of Scoops	IDDSI Level	Time to Sit
1	Level 1	5-6 mins
2	Level 2	4-5 mins
3	Level 3	6-7 mins
7	Level 4	4 mins



Fizzy Drinks



'Knock out' some fizz by stirring the drink for 5 seconds before mixing with Swalloweze Clear.

- ⊕ Place desired number of scoops of Swalloweze Clear in to a clean, dry glass.
- ⊕ Pour in 200ml of the carbonated liquid.
- ⊕ Mix VIGOROUSLY** for 20-30 seconds with a fork.
- ⊕ Allow the drink to sit for 1-3 minutes depending on desired level. See table.
- ⊕ Gently stir the drink before conducting an IDDSI flow test or consuming.

No. of Scoops	IDDSI Level	Time to Sit
1	Level 1	3 mins
2	Level 2	
3	Level 3	5 mins
7	Level 4	



Hot Drinks

- ⊕ Make a 200ml hot drink* in a jug or beaker and allow to cool for 2-3 minutes to avoid scalding.
- ⊕ Place correct number of scoops of Swalloweze Clear in to a clean, dry mug.
- ⊕ Pour in the hot liquid.
- ⊕ Mix VIGOROUSLY** for 20-30 seconds with a fork.
- ⊕ Allow the drink to sit for 1-3 minutes depending on desired level. See table.
- ⊕ Gently stir the drink before conducting an IDDSI flow test or consuming.

No. of Scoops	IDDSI Level	Time to Sit
1	Level 1	3 mins
2	Level 2	
3	Level 3	5 mins
7	Level 4	

*PLEASE NOTE: Increasing the milk content may result in longer thickening times. For example, a hot chocolate drink made with mostly milk will take longer to thicken than that mixed with water without milk or a small amount of milk.

**similar action to whisking an egg or mixing custard powder with milk.