



Neutral Mixing Instructions

Adding SUSTAGEN® Hospital Formula Active Neutral Flavour to food or taking it as a drink can help boost energy, protein, calcium, vitamin D and essential micronutrients in a quick and convenient way to make every mouthful count.

| FOOD | QUANTITY | SUSTAGEN® | METHOD | ADDED PROTEIN | COMMENTS |
|-----------------------------|---|---|--|---------------|---|
| Water / Milk | 200mL | 60g (3 x ) | Whisk powder into cold milk or water. Use accordingly. | 13.8g | Add your favourite flavouring or fruit if desired. |
| Tea / Coffee | 1 cup or 250mL | 20g (1 x ) | Stir into tea or coffee as a replacement to milk. | 4.6g | |
| Juice (Orange, Apple) | 1 cup or 250mL | 20g (1 x ) | Whisk into juice with a fork just before serving. | 4.6g | May separate on standing, simply mix to combine. |
| Puréed Vegetable | ½ cup or approximately 125g | 20g (1 x ) | Blend into vegetables whilst puréeing or stir into puréed vegetables. | 4.6g | Texture of vegetables may thin slightly. |
| Soup | 1 cup or 250mL | 20g (1 x ) | Whisk into soup after heating. | 4.6g | Gives a creamy appearance. Works well in tomato, pumpkin and corn. Add 20–40g depending on taste. |
| Porridge | ½ cup or 40g raw oats | 20g (1 x ) | Stir into cooked porridge. | 4.6g | Add 20 – 40g depending on taste. |
| Cereal | ½ cup | 20g (1 x ) | Stir into cereal and add milk. | 4.6g | |
| Mashed Potato | 1 cup mashed potato or 250g raw peeled potatoes | 40g (2 x ) | Add to cooked potato and mash together. | 9.2g | Can be used instead of milk. |
| Scrambled Eggs | 2 eggs | 20g (1 x ) | Stir into 125mL (½ cup) milk. Whisk into eggs and cook over a medium heat, stirring continually for 2–3 minutes. | 4.6g | |
| Natural Yoghurt | ½ cup or 125g | 40g (2 x ) | Stir into yoghurt 5 minutes before serving. | 9.2g | Initial grainy appearance but grains dissolve. |
| Custard | ⅓ cup | 20g (1 x ) | Stir into hot or cold custard 5 minutes before serving. | 4.6g | Initial grainy appearance but grains dissolve. |
| White Sauce | 1 cup or 250g | 80g (4 x ) | Gradually blend into white sauce just before serving. | 18.4g | Initial grainy appearance but grains dissolve. |
| Casseroles | 400g | 60g (3 x ) | Gradually stir into heated casserole just before serving. | 13.8g | Gives a creamy appearance. Texture of casserole may thin slightly. |
| Baked Beans | 1 cup or 250g | 20g (1 x ) | Gradually stir into heated baked beans just before serving. | 4.6g | Gives a creamy appearance. Add 20–40g depending on taste. |
| Pasta Sauce or Tomato Purée | 1 cup or 250mL | 40g (2 x ) | Stir into sauce. Use accordingly. | 9.2g | Gives a creamy appearance. |
| Jelly | 1 cup or 250mL | 100g (5 x ) | Shake or mix vigorously. | 23g | Forms the consistency and texture of a pudding. |

20g = 1 scoop  available in every 840g can.



Products for increased nutritional requirements

Available from pharmacy and selected distributors

SUSTAGEN® Hospital Formula Active Neutral Flavour



- ✓ Neutral Flavour
- ✓ Add to food or make up as a drink

- Nutritionally complete
- High in protein, calcium & vitamin D
- Vitamins & minerals
- Gluten free
- Low GI (53)
- Low in fat*

SUSTAGEN® Hospital Formula Active



- ✓ Vanilla, Strawberry, Chocolate, Coffee & Banana Flavours
- ✓ Make up as a drink

- Nutritionally complete
- High in protein, calcium & vitamin D
- Vitamins & minerals
- Gluten free
- Low GI:
 - Vanilla Flavour (54)
 - Strawberry Flavour (37)
 - Chocolate Flavour (49)
 - Coffee Flavour (48)
 - Banana Flavour (46)
- Low in fat*

SUSTAGEN® Hospital Formula Active Plus Fibre



- ✓ Vanilla & Chocolate Flavours
- ✓ Make up as a drink

- Nutritionally complete
- High in protein, calcium & vitamin D
- High in fibre
- Vitamins & minerals
- Gluten free
- Low GI:
 - Vanilla Flavour (45)
 - Chocolate Flavour (42)
- Low in fat*

SUSTAGEN® OPTIMUM™



- ✓ Vanilla Flavour
- ✓ Make up as a drink

- Nutritionally complete
- High-quality protein
- Probiotics & fibre
- Vitamins & minerals including antioxidant vitamins C & E
- No gluten containing ingredients
- Low GI (44)
- Low in lactose

SUSTAGEN® Diabetic



- ✓ Vanilla Flavour
- ✓ Make up as a drink

- Nutritionally complete
- High in protein & fibre
- Lower carbohydrate^
- 27 vitamins & minerals
- No gluten containing ingredients
- Low GI (34)
- Low in lactose

For more information about the SUSTAGEN® range or for more recipe ideas, visit www.sustagen.com.au

Nutritional supplements can only be of assistance where dietary intake is inadequate. Please seek advice on your individual dietary needs from an Accredited Practising Dietitian or your healthcare professional. SUSTAGEN® Hospital Formula Active and SUSTAGEN® Hospital Formula Active Plus Fibre are formulated meal replacements and cannot be used as total diet replacements. Consume as part of a varied and balanced diet and healthy lifestyle. SUSTAGEN® OPTIMUM™ is a food for special medical purposes and is specifically formulated for medical conditions where nutritional needs cannot be met through diet modification alone. Must be used under the supervision of a healthcare professional. SUSTAGEN® Diabetic is a food for special medical purposes, specifically formulated for people with diabetes who cannot meet their nutritional needs through diet modification alone. Must be used under medical supervision.

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Information for healthcare professional use only.

* When made up with water or skim milk.

^ Compared to SUSTAGEN® Hospital Formula Active on a per serve basis.

