



Making every spoon count with RESOURCE[®] Cereal

People with dysphagia have difficulty swallowing liquids, foods, or saliva. Eating and drinking safely then becomes a challenge.

Dysphagia affects:



At least **60%** of elderly residents living in long-term care facilities¹



Approximately **25%** of patients in hospitals¹



Approximately **13%** of people in the community¹

In addition, up to 1/3 of people with dysphagia are malnourished.²

Therefore, it is important to provide texture modified food that is nutrient-dense and enjoyable.

Introducing RESOURCE® Cereal

Apple Hazelnut Flavour

A high protein, high energy, cereal-based powdered supplement with fibre.



*Per 200g of product reconstituted with water

Packed with nutrition in every spoon

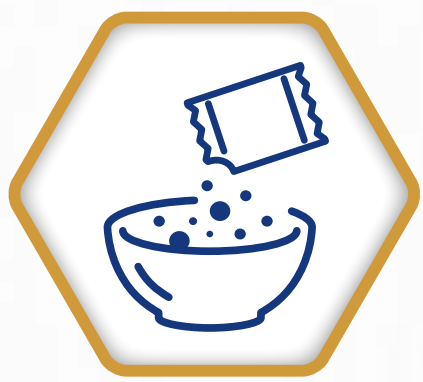
Nutrient-dense with protein, key vitamins and minerals.

- 336 kcal* (1.7 kcal/g)
- 15g* of protein
- 6g* of fibre



Dysphagia friendly texture

Smooth and creamy texture without lumps to ensure safe swallowing in every spoon, every day. Aligned with IDDSI Level 4 Puree.



Easy to prepare

Dissolves instantly for a quick and easy reconstitution.

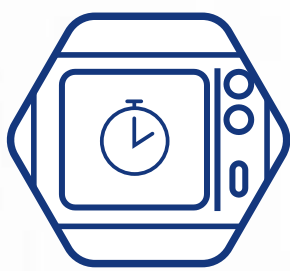
Directions for use

For 200g reconstituted serving:



With water or milk:

Pour 125mL of water or milk (hot or cold) into a bowl. Add 75g (7 Tbsp) of RESOURCE® Cereal powder and stir slowly until the powder has completely dissolved. Let it rise for a few minutes, stir again and serve immediately.



To microwave:

Pour 125mL of water or cold milk into a bowl. Add 75g (7 Tbsp) of RESOURCE® Cereal powder. Heat at 400W power for 2.5 minutes.

CAUTION: The bowl will be hot! Stir slowly until the powder has completely dissolved and serve immediately.

It is the responsibility of the person administering RESOURCE® Cereal to ensure that the product is mixed to the appropriate consistency.

Ordering information

SKU	Presentation	Units Per Case	Product Code
Apple Hazelnut Flavour	450g sachet†	6 x 450g	12446776

†A sachet of 450g is equal to 6 serves

Nutrition information

Servings Per Package: 6	Unit of Measure	Ave Qty Per 100g	Ave Qty Per Serve (75g + 125 mL water)
Serving Size: 75g			
Energy	kJ	1880	1410
	kcal	448	336
Fat, Total (33%)	g	16.5	12.4
- Saturated	g	1.6	1.2
Carbohydrate (45%)	g	51	38
- Sugars	g	16	12
- Lactose	g	<0.3	-
Dietary Fibre (4%)	g	8	6
Protein (18%)	g	20	15
MINERALS			
Sodium	mg	400	300
Potassium	mg	105	79
Calcium	mg	400	300
Phosphorus	mg	250	187
Iron	mg	4	3
Manganese	mg	1.2	0.9
Iodine	µg	31	23
VITAMINS			
A	µg RE	350	262
D	µg	3.7	2.8
E	mg	10	7.5
K	µg	33	25
C	mg	35	26
Thiamin	mg	0.55	0.41
Riboflavin	mg	0.55	0.41
Niacin	mg/ mg NE	5.7/8.6	4.3/6.4
B6	mg	0.70	0.53
Folic Acid	µg	100	75
B12	µg	0.84	0.63
Biotin	µg	12	9
Pantothenic Acid	mg	2.2	1.6

RE = Retinol Equivalent NE = Niacin Equivalent

Ingredients

Partially Hydrolysed Rice Flour (43%), Pea Protein, Sunflower Oil, Sugar, Inulin, Apple Flakes (2%), Minerals (Calcium Carbonate, Manganese Sulphate, Potassium Iodide), Vitamins (C, E, Niacin, Pantothenic Acid, B6, Thiamin, Riboflavin, A, Folic Acid, K, Biotin, D, B12), Flavours. **May contain Milk.**

References: 1. Cichero J. (2013). Thickening agents used for dysphagia management: effect on bioavailability of water, medication and feelings of satiety. *Nutrition Journal*, 12:54. 2. Garcia-Peres P et al. *Nutr Hosp Supl.* 2012; 5(1): 22-40. RESOURCE® Cereal is a food for special medical purposes for the dietary management of patients with or at risk of malnutrition. Suitable for individuals with swallowing and chewing difficulties. Must be used under medical supervision. ®Reg. Trademark of Société des Produits Nestlé S.A. Nestlé Healthcare Nutrition, a division of Nestlé Australia Ltd, 8 Nexus Court, Mulgrave VIC 3170, Australia. For more information call **1800 671 628** or visit **www.nestlehealthscience.com.au** **Information for healthcare professional use only.**

