



SUPPORTING A SAFER SWALLOW

**STAYING HYDRATED
WITH DYSPHAGIA**



Chefs'

COUNCIL

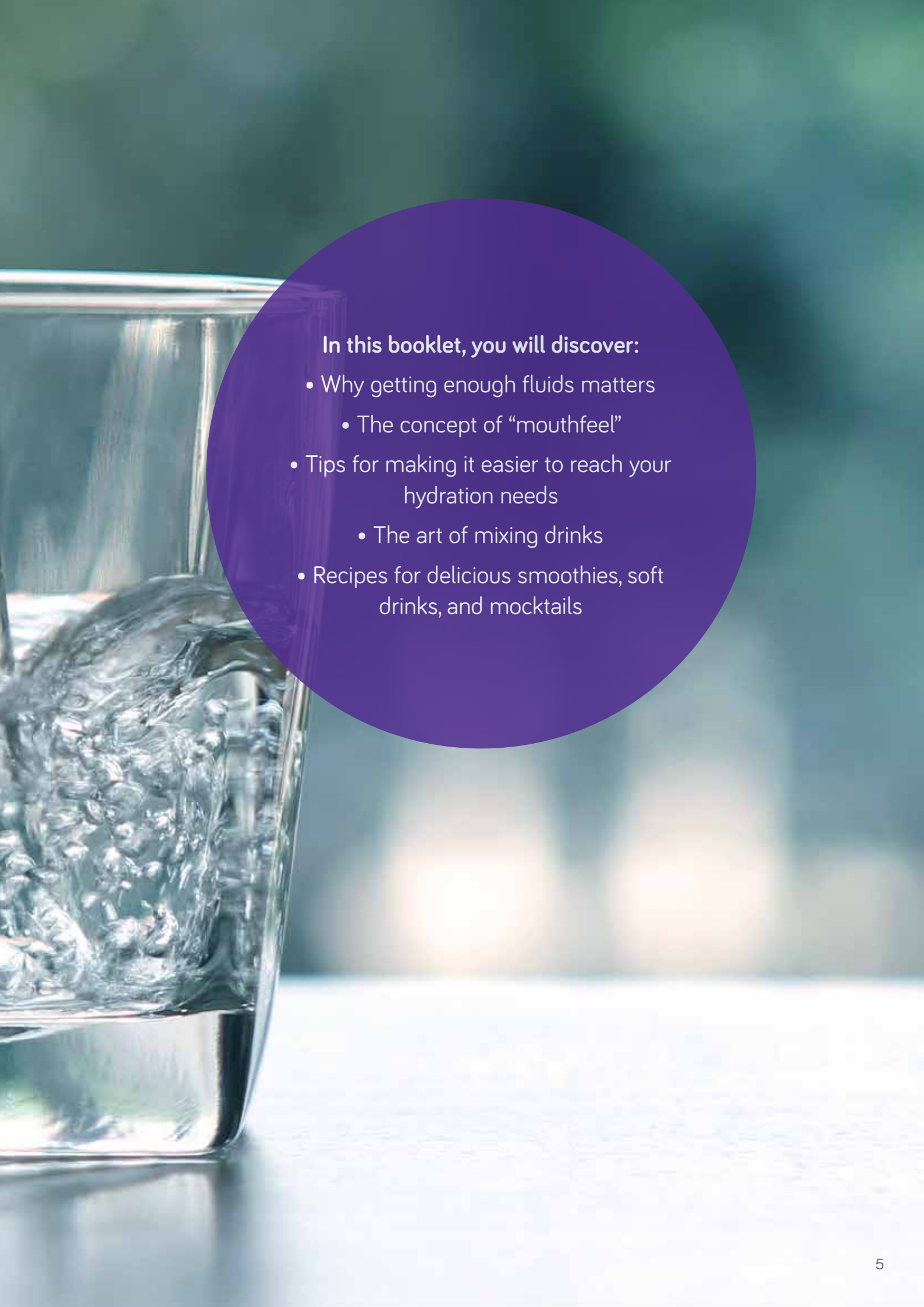
Introduction

This guide has been created for you with support from The Chef's Council, a group of international experts dedicated to improving the quality of food and drinks for people with dysphagia and support those who care for them.



Hydration









In this booklet, you will discover:

- Why getting enough fluids matters
 - The concept of “mouthfeel”
- Tips for making it easier to reach your hydration needs
 - The art of mixing drinks
- Recipes for delicious smoothies, soft drinks, and mocktails

The right thickness for a safer swallow

Dysphagia affects people differently. Your Healthcare Professional will explain how thick (or which "IDDSI Level") to make your food and drink for a safer swallow. With this information, you can be sure you're adding the right number of scoops of Nutilis Clear for your individual needs. IDDSI stands for the International Dysphagia Diet Standardisation Initiative and is the framework for how we describe the different consistencies of texture modified food and thickened fluids.

The four IDDSI Levels of fluid thickness are shown below.

IDDSI Level 1: Slightly thick	
1 level scoop of Nutilis Clear in 200ml drink	 x1
IDDSI Level 2: Mildly thick	
2 level scoops of Nutilis Clear in 200ml drink	 x2
IDDSI Level 3: Moderately thick	
3 level scoops of Nutilis Clear in 200ml drink	 x3
IDDSI Level 4: Extremely thick	
7 level scoops of Nutilis Clear in 200ml drink	 x7

- Always measure the liquid required to 200ml before adding Nutilis Clear.
- For best results, Nutilis 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 until the desired thickness has been achieved.

Nutilis Clear is a Food for Special Medical Purposes for the dietary management of dysphagia and must be used under medical supervision. Use the scoop in the tin (unless otherwise advised by a Healthcare Professional).



Drinks: an integral part of our daily lives

Preparing and eating safer, nutritious and pleasurable food are key parts of dysphagia care. However, the drinks we consume at mealtimes and at particular moments during the day can be just as important to get right. Drinks play a key role in ensuring the body is well hydrated but also have a role to play in the enjoyment of life itself - whether it's relaxing after a long day, or celebrating a special occasion with friends, being able to consume a safe and delicious drink can really help. That's why we've included a section in this book dedicated to giving you advice and recipes for a range of popular warm and cold drinks.

Cheers!

The importance of hydration

Drinking enough fluids is essential for good health. If you don't drink enough, you risk becoming dehydrated and unwell.

Staying hydrated is important because the average adult body contains ~55-60% water. Water has many vital functions. It helps your digestive system to absorb nutrients and helps your blood to carry those nutrients around the body. Water is also essential for the brain to work properly and for the regulation of body temperature.

Studies show that more than half of people with dysphagia are dehydrated. Reasons for this include:

- Swallowing regular fluids can be challenging
- Anxiety around eating and drinking means less is consumed
- Thickened drinks may be less palatable than regular drinks
- Some dysphagia drinks are not good at quenching thirst
- Thickened drinks may not release flavour into the mouth

Drinks - More than just hydration

Staying hydrated is critical for health. It is also important for our well-being and quality of life. Whether it's a cup of tea, a glass of freshly squeezed orange juice, or a glass of wine, drinking is often a social occasion to be enjoyed with friends and family.

Everyone has different preferences. Experiment with different flavours, textures, temperatures and "mouthfeels" to discover how to make your drinks more enjoyable. With a little practice, you are sure to find what works for you.



Mixology tips

Mixology refers to the skill of mixing various drinks and ingredients. Mixology for dysphagia includes trialling different ingredients, combinations and beverages like mocktails, juices, soft drinks or any other drinks, all thickened to the safe consistency recommended for you by your Healthcare Professional. It's an opportunity to increase your fluid intake by experimenting with different flavours, textures and methods of preparation that enable you to get the hydration you need.



Shaking

The most effective way to mix ingredients, colours and textures.

Place all ingredients in the shaker (with ice, if required); close the lid; shake vigorously; strain and pour.



Stirring

A method to slightly dilute drinks while

chilling. Place the drink and ice in a mixing glass and stir with a spoon then strain.



Mortar & Pestle

A technique to extract the natural juices, oils and flavour from fresh herbs, vegetables and fruits. Place ingredients in the mortar and crush with a pestle or other blunt utensil. Strain and/or sieve before serving.



Juicing

A method of extracting juice from a fruit, vegetable or herb using a citrus juicer. The juice should be sieved before serving.



Blending

A technique for breaking down and mixing ingredients to create a smooth texture. When blending foods for people with dysphagia it is important to minimise how much air is incorporated. Sieving after blending also helps eliminate incorporated air.



Straining

A mixology technique used to separate ice and pulp from liquid when making a drink. **Always strain to remove larger lumps, prior to sieving and thickening.**



Infusing

A way of soaking herbs, tea leaves, fruits, vegetables or spices in liquid to extract properties like flavour (taste and aroma), mouthfeel or colour. Infusions can be made using water, dairy and non-dairy milk or juices, at either hot or cold temperatures. Place the food and liquid in a container; leave to infuse; then filter through a cheesecloth or fine mesh strainer.



Sweetening

Involves adding a sweetener in liquid form to enhance flavour and palatability. Avoid using sugar in granulated form; instead, dissolve granulated sugar in water to make sugar syrup or use liquid sweeteners such as honey, agave or maple syrup. Artificial sweeteners may also be used.



Sieving

Unlike straining, which separates liquids from solid, sieving is also used to refine texture. **Sieving is very important for people with dysphagia because it eliminates lumps and ingredients that are not fully blended or dissolved.** It is the final step before thickening.



Thickening

This is the final and most important stage in mixology as it alters the thickness of a drink to make it safe to swallow. The right thickness for safe swallowing will vary; always follow your healthcare professional's advice on the thickness that is right for you. Add the prescribed amount of powder to your glass. Slowly add the fluid while stirring continually. Stir until the powder is completely dissolved. Leave the drink to stand until the desired consistency has been reached.



Drinkware

Choosing the right glass can improve not only nuances in flavour but also the size, form, and visual attractiveness of the drink – thereby enhancing its enjoyment.

Mixing drinks: more facts



Temperature

Temperature alters the perception of textures in the mouth. Thickened liquids tend to be more palatable at colder temperatures. If using ice to cool liquids, be sure to sieve the drink before adding thickener, to remove any ice crystals.



Alcohol

Thickeners can be used with alcohol but this needs to be discussed with your Healthcare Professional.



Mouthfeel

Describes the way food or drinks feel in the mouth. Mouthfeel changes how the brain perceives different textures and thicknesses by stimulating different nerves in the mouth.



Serving Suggestion



Time to Thicken

Certain fluids (e.g. milk and juices) take longer to thicken. Always allow drinks to stand until the desired consistency has been reached. For some drinks, this can take over ten minutes. Speak to your healthcare professional for guidance.



Acidity

The acidity of a liquid affects how texture is perceived in the mouth; people with dysphagia may show a preference for sour tastes. Acidity also influences the thickening process.



Medications

Concerns about thickening medications need to be discussed with your Healthcare Professional.



Serving Suggestion



Fizzy Drinks

Fizzy Drinks can be thickened with Nutilis Clear. It's important to ensure that the thickener is well incorporated into your drink, and to avoid having a layer of "fizz" on top. Tips for thickening fizzy drinks:

- A slow and steady pour helps avoid the formation of too many air bubbles/"fizz".
- Allow any foam to settle before thickening.
- You may wish to use a larger volume cup/jug to thicken fizzy drinks.
- Add Nutilis Clear to the glass first, and gently pour in 200ml of your chosen fizzy drink.
- Allow sufficient stand time to achieve the desired consistency. This may take a little longer than other drinks, for example water.
- Always check the consistency before consuming.
- Stir before serving.

Some people may find it easier to stir out some of the gas/bubbles before thickening fizzy drinks. The above information is for guidance only. Speak to your Healthcare Professional for further support.

The background of the page is a light blue gradient with numerous water droplets of various sizes scattered throughout. In the top left corner, the head of a fish is partially visible, looking towards the right.

Mouthfeel

“Mouthfeel” describes the way food or fluids feel in the mouth. It is not the same as taste. Because mouthfeel changes how the brain perceives different textures and thicknesses, it can be used to make thickened fluids more palatable and pleasurable to consume.

A large, detailed water droplet is positioned above the 'Perceptions of cold' section, appearing to float or fall.

Perceptions of cold

Certain flavours, such as menthol and peppermint, induce a false sensation of cold in the mouth. They do this by affecting temperature-sensitive nerves, even though the actual mouth temperature does not change.

A large, dark blue brushstroke graphic with irregular, torn edges frames the 'Perceptions of hot' section.

Perceptions of hot

Some foods, such as chilis or black pepper, are “thermogenic”. When you eat them, they cause a heat reaction in your body that increases how quickly your body converts food to energy (known as your metabolic rate).

This is because these foods contain chemicals that affect receptors in the mouth to give an intense feeling of heat.

Below is a list of ingredients that can be added to drinks to stimulate the mouth and make drinking thickened and texture-modified liquids more enjoyable.

HOT SENSATION

Allspice
Anise
Black pepper
Camomile
Cardamom
Chilli
Cinnamon
Clove
Cumin
Fennel
Ginger

COLD SENSATION

Basil
Bay leaves
Citric Acid
Citric fruits
Flowers
Lemongrass
Mint
Peppermint
Rosemary
Sage
Spearmint
Thyme
Tropical Fruits

Remember! Strain and/or sieve drinks containing "bits" or ingredients such as the above before thickening.

Warm drinks

Tea and coffee

INGREDIENTS (1 serving)

- 200ml tea / coffee, with or without milk
- Sugar, as desired
- Nutilis Clear (amount dependent on IDDSI level prescribed by your Healthcare Professional)

TIP

To achieve an alternative level of drink, refer to dosing guidelines on Nutilis Clear tin.

METHOD

- Place tea / coffee with milk and sugar as required into a large mug. Always add the milk and sugar to the drink before adding the Nutilis Clear.
- Leave to cool slightly then add required amount of Nutilis Clear.
- Mix with a fork or small whisk.
- If desired or needed, drinks may be heated gently after the addition of Nutilis Clear.



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Serving Suggestion

Chai latte

INGREDIENTS (2 servings)

- 450g whole milk
- 15g sugar
- 3 black tea bags
- 5g fresh ginger
- 4 cardamom pods
- 1 cinnamon stick
- 1 whole clove
- 1 anise star
- 1 teaspoon allspice
- Nutilis Clear (amount dependent on IDDSI level prescribed by your Healthcare Professional)

METHOD

- Add the spices (ginger, cardamom, cinnamon, clove, anise star and all spice) in a small pot with the milk.
- Add the tea bags and sugar.
- Bring to boil. Turn off the heat and let it rest for 20 minutes.
- Pass through a fine sieve to remove any particles.
- Allow it to cool to serving temperature (75°C), add Nutilis Clear for 1 serving (200ml) to thicken it.
- Leave to thicken until desired consistency is reached.

TIP

To achieve an alternative level of drink, refer to dosing guidelines on Nutilis Clear tin.

INGREDIENTS (for 2 servings)

Serve hot or cold

Iced Lemon and Ginger Green Tea

- 400ml water
- 50ml simple syrup (1 part water 1 part sugar), cold
- 3 green tea bags (or 4 teaspoons of powdered tea)
- 5g fresh ginger
- 1 lemon, juice
- ½ lemon, peel

METHOD

- Bring water to boil in a small pot or kettle.
- Add the spices (ginger, lemon peel) in the pot.
- Add the green tea bags or tea powder.
- Turn off the heat and let it rest for 20 minutes.
- Pass through a fine sieve to remove any particles.
- Add the lemon juice and sugar syrup.
- Cool to serving temperature in the fridge (4°C), add Nutilis Clear for 1 serving (200ml) to thicken it.
- Leave to stand until the desired consistency is reached.
- Serve in a high ball glass. With a lemon twist as garnish.



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TIP

To achieve an alternative level of drink, refer to dosing guidelines on Nutlis Clear tin.

Serving Suggestion

Smoothies

Some drinks, such as smoothies, are naturally a little thicker than other fluids. For these drinks, the amount of Nutilis Clear to be added may vary. Dosage guidance is provided in each of the recipes below.

METHOD

- Place all ingredients into blender and blend until smooth.
- Pass smoothie through a sieve.
- Pour into a glass and serve.

Banana, Orange and Ginger

- 60g peeled banana, broken into chunks
- 50ml orange juice
- ½ tsp ground ginger (to taste)
- 100ml smooth yogurt

Baseline consistency: IDDSI Level 2

- **To achieve IDDSI Level 3** add half a scoop of Nutilis Clear
- **To achieve IDDSI level 4** add two scoops of Nutilis Clear

Nutritional intake per serving**

Energy	Fat	Carbohydrate	Protein
116kcal	3.3g	26g	7g

Serving Suggestion

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Strawberry and Banana

- 60g banana, broken into chunks
- 50g frozen strawberries
- 50ml milk
- 100ml smooth yogurt

Baseline consistency: IDDSI Level 2

- **To achieve IDDSI Level 3** add half a scoop of Nutilis Clear
- **To achieve IDDSI level 4** add two scoops of Nutilis Clear

Nutritional intake per serving

Energy	Fat	Carbohydrate	Protein
193kcal	5.2g	26g	8.7g

Mango and Honey

- 100g tinned or fresh mango (if using fresh mango peel skin and cut flesh from stone)
- 100ml smooth yogurt
- 50ml milk
- 1 tsp clear honey to sweeten

Baseline consistency: IDDSI Level 2

Nutritional intake per serving

Energy	Fat	Carbohydrate	Protein
205kcal	5.2g	29g	8.3g



Serving Suggestion

Mocktails and Refreshing Drinks

INGREDIENTS (1 serving)

Pina Colada

- 45g Cucumber
- 5g Spinach
- 125g pineapple fresh or tinned
- 100g coconut cream
- 25g frozen mango
- 4 scoops Nutilis Clear

Baseline consistency: IDDSI Level 4

METHOD

- Place the cucumber, spinach, pineapple, coconut cream and frozen mango into the blender and blend into a puree.
- Once blended this comes to 200ml.
- Pass puree through a fine metal sieve (use a clean spoon to scrape the outside of the sieve).
- Add the Nutilis Clear, stir and leave to stand until desired thickness has been achieved.



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INGREDIENTS (for 2 servings)

Watermelon Mocktail

- 165g Watermelon Flesh
- 40g Coconut Water ice cubes
- Juice of half a lime
- 7 scoops Nutilis Clear

Baseline consistency: IDDSI Level 4

METHOD

- Place the watermelon flesh, coconut water ice cubes and lime juice into the blender and blend into a puree.
- Once blended this comes to 200ml. Pass puree through a fine metal sieve (use a clean spoon to scrape the outside of the sieve).
- Add the Nutilis Clear, stir and leave to stand until desired thickness has been achieved.



Serving Suggestion



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