

Patient flavouring GUIDE

Using Modulen® IBD as a liquid diet with flavouring options










Nestlé Health Science has produced this guide to provide you with information of the flavouring options to use with **Modulen® IBD**.

Can I flavour **Modulen® IBD**?

Modulen® IBD has a pleasant slight vanilla flavour.

Taste fatigue may occur after some time, therefore Modulen® IBD can be flavoured using the options shown below in the table.

This table shows nine flavouring suggestions and the number of teaspoons recommended as a guide to mix 210ml of water with 50g Modulen® IBD. Less can be added depending on taste. (The following table is a suggestion only.)

Suggested flavouring* additions based on 210ml of water and 50g Modulen® IBD powder at 1 kcal/ml concentration:	
	1 heaped teaspoon of Strawberry Nesquik®
	1 heaped teaspoon of Chocolate Nesquik®
	1 heaped teaspoon of Banana Nesquik®
	1/2 a teaspoon of Nescafé Gold Blend® Decaff
	1/2 a teaspoon of Nescafé® Original Decaff
	4 x teaspoons of Crusha® Strawberry sugar free
	4 x teaspoons of Crusha® Raspberry
	4 x teaspoons of Monin® Gingerbread syrup
	4 x teaspoons of Monin® Cinnamon syrup

The number of teaspoons required can be adjusted according to your own taste preferences. Your dietitian can provide you with more information on ways to flavour **Modulen® IBD**.

How do I prepare **Modulen® IBD**?

Please follow the simple steps below to prepare **Modulen® IBD**:



1. Wash hands thoroughly. Follow the mixing table and select the volume required.

Mixing guidelines for the preparation of **Modulen® IBD**.

(Please note that the table shows concentrations of 1.0 kcal/ml and 1.5 kcal/ml)

Volume required		Water	Powder
250 ml	250 kcal	210 ml	6 scoops (= 50 g)
	375 kcal	190 ml	9 scoops (= 75 g)
1000 ml	1000 kcal	850 ml	24 scoops (= 200 g)
	1500 kcal	750 ml	36 scoops (= 300 g)



2. Measure cool boiled or bottled water (room temperature) and pour into a clean bowl or container.



3. Scoop and level the desired amount of powder using the scoop in the tin or weigh in grams.



4. Add the powder to the water and immediately stir until well mixed.



5. After use, store the scoop inside the can as shown.

Shaker cups are available for the preparation of **Modulen® IBD**.

Your dietitian will be able to provide you with one of these.

Please note that your Dietitian or HCP may recommend a more concentrated or less concentrated preparation of **Modulen® IBD** to suit your requirements.

*The suggested flavouring options are usually widely available online and in supermarkets. Products and stock may differ from store to store. Please always check the suitability of the ingredients with your healthcare professional, if in any doubt.

Modulen® IBD is a food for special medical purposes for use under medical supervision.

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