**Dietetic Supplements**

**IDDSI Dysphagia Compliance Tested Reference List**

Level 0 – thin/ normal fluids (<1ml)

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| Complan Shakes |
| Fortisip |
| Fortisip Extra |
| Fortijuice |
| Peptamen |
| Scandishake (85g pack with 240mls whole milk) |
| Scandishake with Calogen extra shot (40ml) |
| Vital 1.5kcal |
| Whole milk |

Level 1 – slightly thick fluids (>1-4mls)

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| Fortisips Compact |
| Fortisip 2 cal |
| Meritene soups |
| 200mls Scandishake (prepared with whole milk) with 1 dose Resource Clear . !! Must * Prepare Scandishake in separate cup (85g packet with 240mls wholemilk)
* Add 1 scoop Resource Clear thickener powder **in another cup**
* Decanter 200mls of Scandishake into cup containing Resource Clear thickener powder
* Stir well with fork or spoon.

**Leave to settle & thicken for 10-15 minutes** (***requires additional time to thicken to correct consistency***) |

Level 2 – mildly thick fluids (>4-8mls)

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| Calogen Extra |
| Fortisip Compact Fibre |
| Fortisip Compact Protein |
| Fortisip Yoghurt Style |
| 200mls Scandishake (prepared with whole milk) with 2 doses Resource Clear. !! Must * Prepare Scandishake in separate cup (85g packet with 240mls wholemilk)
* Add 2 scoops Resource Clear thickener powder **in another cup**
* Decanter 200mls of Scandishake into cup containing Resource Clear thickener
* Stir well with fork or spoon.

**Leave to settle & thicken for 10-15 minutes** (***requires additional time to thicken to correct consistency***) |

Level 3 – moderately thick fluids (>8-10ml)

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| X1 pot Forticreme with calogen extra shot (40ml) |
| X1 pot Forticreme with fortisip compact protein (50ml) |
| X1 pot Forticreme with fortisip compact protein (100ml) |
| Nutillis complete stage 1 |
| Nutillis complete stage 2 |
| PROSource – (30ml packet, **not diluted**) |
| Resource pre-thickened syrup thick |
| Resource pre-thickened custard thick |
| 200mls Scandishake (prepared with whole milk) with 4 doses Resource Clear. !! Must * Prepare Scandishake in separate cup (85g packet with 240mls wholemilk)
* Add 4 scoops Resource Clear thickener powder **in another cup**
* Decanter 200mls of Scandishake into cup containing Resource Clear thickener
* Stir well with fork or spoon.
* **Leave to settle & thicken for 10-15 minutes** (***requires additional time to thicken to correct consistency***)
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Level 4 – extremely thick fluids (>10mls)

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| Ambrosia custard pots |
| Forticreme |
| Muller Smooth Yoghurts |