



# Cook with Confidence Recipe Cards

Your one-stop guide to cooking confidently for those with dysphagia

- ✓ 15 easy-to-follow, delicious recipes across IDDSI Levels 4, 5 & 6\*
- ✓ Created in collaboration with award-winning Dysphagia Chef, Gary Brailsford
- ✓ Savoury and sweet dishes include home comforts, exciting flavours and treats for special occasions
- ✓ Includes IDDSI guidance and shopping list for equipment
- ✓ Hang up in your kitchen, wipe clean and customise your pack
- ✓ Dietary adaptations for vegetarian, vegan, gluten-free, halal and kosher on each recipe

\* Also available in packs of just Level 4, Level 5 and Level 6 for single residents

To order your pack or find out more, please contact your Nestlé Health Science representative.

