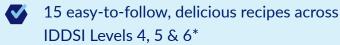




Cook with Confidence Recipe Cards

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



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.



