

# GENERAL GUIDANCE WHEN ADDING NEOCATE® PRODUCTS TO FOODS

Neocate products often serve as a primary or sole source of nutrition. Your healthcare team should decide the volume of Neocate you or your loved one should take. Neocate formulas are designed specifically to meet nutrient recommendations when prepared and handled as directed on the packaging.



We know some infants and children struggle to consume their suggested formula volume, and adding Neocate to foods may be a way to help meet that goal. Here are answers to common questions about adding Neocate to foods:

## Can I add Neocate products to cooked foods?

You can add Neocate products to foods just before you consume them: **Wait until hot food is cool enough to eat before you add Neocate.** Your healthcare team should determine which Neocate products are best for you or your loved one. If you add dry Neocate powder to foods, ask your healthcare team about the need to have water or other fluids with those foods.

- **Example 1:** Mix dry Neocate powder into recipes like smoothies or warm soups or moist foods like mashed potatoes or casseroles after they are cool enough to eat
- **Example 2:** Mix Neocate® Nutra with water, then stir into applesauce

## How much of a Neocate product should I add?

The amount of a Neocate product that you can add to a food varies based on the type of food, the portion size, and the age of the individual. The more Neocate you add to a food, the more the taste may change. Ask your healthcare team for advice on how much Neocate to add to foods.



Most Neocate products are nutritionally complete. Neocate Nutra is suitable as a supplement (not nutritionally complete). **Neocate Nutra is not intended for bottle or tube feeding.**

## How long can I keep foods once I add Neocate, and how should I store the foods?

You can refrigerate foods that contain Neocate for up to 24 hours, as long as you haven't begun to eat them. You can also prepare Neocate formulas and refrigerate them (or opened Splash) for up to 24 hours, as long as you haven't begun to drink them. However once you start to consume Neocate products or foods that contain Neocate, we recommend you finish them within one hour, and discard anything you don't finish in that hour.

## Can I bake with or freeze Neocate products?

**Cooking with or freezing Neocate can affect some nutrient levels: Ask your healthcare team for advice before you prepare Neocate any way other than as directed on the packaging or as we suggest above.** The nutrition information on Neocate packaging reflects the nutrient levels when prepared as directed on the packaging.

You can add Neocate products to cooked foods once they cool to eating temperature. We recommend you do not freeze them or expose them to high heat (i.e. oven, stove, microwave, or temperatures above 50°C/122°F) without consulting your healthcare team.

## What can happen if I bake with or freeze Neocate products?

Adding Neocate products to very hot foods (e.g. steaming soup) or cooking them (e.g. baking, boiling, or microwaving) can affect some nutrient levels. Cooking may also cause separation and/or affect the flavour and/or smell of the food. Frozen Neocate that thaws may discolour and/or separate. We cannot guarantee nutrient content or quality of Neocate products when prepared or handled other than as directed on the packaging, such as in cooking (temperatures above 50°C/122°F) or freezing (temperatures below 0°C/32°F).

If you want to cook with or freeze Neocate products, ask your healthcare team for advice. Healthcare teams may allow some Neocate servings to be frozen and/or cooked to help meet a Neocate goal for certain patients, but this is a case-by-case decision. Your healthcare team should advise you how to store and how long to keep frozen Neocate or cooked foods containing Neocate.

## For questions about Neocate products, contact our Nutrition Services team:

- Phone: **1-877-Neocate (1-877-636-2283)** 8:30 AM - 5 PM ET
- Email: [NutritionServices@Nutricia.com](mailto:NutritionServices@Nutricia.com)

