

Duocal Mixing Tips & Recipes

Your Duocal prescription: _____

What is Duocal?

Super Soluble Duocal is a high calorie, protein-free nutritional supplement that can be added to foods and beverages when additional calories are required. Because Duocal is an unflavored and super soluble powder, it can be added to foods and beverages without changing taste or texture. Duocal allows you to add calories to meals so you can still enjoy the natural goodness and nutrition of regular foods. Duocal is also milk-protein free and appropriate for children with milk-protein allergy.

How much Duocal should be consumed each day?

The total quantity of Duocal consumed in foods and beverages should be determined by a medical professional and is dependant on age, body weight, and medical condition of the individual.

Just 3 Tbsp or 5 scoops of Duocal added to regular foods provides an additional 125 calories which is more than a 4 oz serving of a traditional supplemental shake.

How many calories does Duocal provide?

Each Duocal scoop provides 25 calories. Household measurements may also be used (see table below). All measures are level and unpacked.

Nutrition Information	per 10 g
Energy, kcal	49
Protein, g	0
Carbohydrate, g	7.3
Fat, g	2.2
Minerals	
Sodium, mg	2
Potassium, mg	0.5
Chloride, mg	2
Calcium, mg	0.5
Phosphorus, mg	0.5
Energy Distribution	
Carbohydrate	59%
Fat	41%

Ingredients:

Hydrolyzed cornstarch, blend of refined vegetable oils (corn, coconut), medium chain triglycerides (fractionated coconut oil, palm kernel oil), mono and diglycerides, diacetyl tartaric acid esters of monoglycerides.

Household Measurements:

	Level Measure	Calories
1 Scoop	5 g	25
Tablespoon	8.5 g	42
1/4 cup	30 g	148
1/2 cup	56 g	276
1 cup	117 g	576

Milk-protein free -
suitable for children with
milk protein allergy



SUPER SOLUBLE
DUOCAL®

Calories you can count on.

NUTRICIA
Advanced Medical Nutrition

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How do I prepare Duocal?

Duocal can be taken orally in foods and beverages or mixed into tube feedings:

- Measure the prescribed amount of Duocal.
- Add powder to the required volume of liquid and/or soft food and stir continuously until the powder has dissolved.
- Unused foods mixed with Duocal should be refrigerated and used within 24 hours. Shake or stir immediately before serving.

Handy Guide to Mixing in Foods:

- Duocal can be added to most moist foods by sprinkling on the required amount and then stirring in.
- Duocal can be brought to a boil when mixed into a liquid. Avoid excess boiling as this may affect the consistency.
- Duocal is not suitable for carbonated drinks or fruit juices.
- The quantities below should be used as a guide. Use either household measures or the scoop in the Duocal can. It is important to follow your healthcare provider's daily prescription.

Beverages/Milk: 1 Tbsp or 2 Duocal scoops per 4 fluid ounces

Toddler Foods: 1 Tbsp or 2 Duocal scoops per 1/4 cup of food

Yogurt or Puddings: 1 Tbsp or 2 Duocal scoops per 4 ounces

Mashed Potatoes: 2 Tbsp or 3-4 Duocal scoops per 1/2 cup mashed potatoes

Scrambled Eggs: 1 Tbsp or 2 Duocal scoops per one egg plus 1 Tbsp milk

Pancakes: 1 Tbsp or 2 Duocal scoops added to batter needed to make one pancake

Macaroni and Cheese: 1/4 cup or 6 Duocal scoops per macaroni and cheese box dinner

Quick Breads: 1/2 cup or 11 Duocal scoops per quick bread recipe

Chicken, Tuna or Egg Salad (2-3 oz portion): 1-2 Tbsp or 2-4 Duocal scoops in 1-2 Tbsp mayonnaise

Soups: 1/4 cup or 6 Duocal scoops per one can (16 oz) of prepared soup



Recipes

Go to www.MyDuocal.com to learn how to make delicious yogurt fruit smoothies, wholesome meatloaf, yummy cookie cream pops, and other quick and easy recipes.



Where can I purchase Duocal?

Duocal can be purchased by visiting www.Neocate.com or by calling Nutricia North America directly at 1-800-365-7354 (USA) or 1-877-636-2283 (Canada).

Duocal can also be special ordered through your local pharmacy.