



Hiquid Food blended soups are whole food-based meals for individuals requiring a feeding tube. Hiquid Food blended soups only contain powder from freeze-dried meat, fish, legumes, vegetables, fruits, berries and herbs. The ingredients for each meal are carefully selected and combined to provide a satisfying, nourishing and nutritious food experience that can be enjoyed and shared with friends and family. There are three different products, Hiquid Food fish, Hiquid Food turkey and Hiquid Food vegan.

Hiquid Food turkey

Hiquid Food blended soups is food for special medical purposes. A nutritional supplement for the dietary management of children (> 3 years) and adults requiring a feeding tube and must be used under medical supervision. Hiquid Food turkey is enteral nutrition made from freeze-dried powder of organic sweet potato, chickpeas, kale, turkey, and oregano, without additives.

IMPORTANT NOTICE

To be used under medical supervision only. Not suitable for children < 3 years. The temperature of enteral nutrition must not exceed 38 °C when served. The meal must be administered manually with a syringe. Additional fluid intake should be considered in consultation with a clinical dietitian. **Not for parenteral (I.V.) use.**

AREA OF USE

Hiquid Food turkey is a nutritionally incomplete food with a standard formulation. Suitable as a partial replacement of the diet for children (>3 years) and adults requiring a gastrostomy.

DOSAGE

Due to the natural high content of vitamin A and vitamin C, a maximum number of servings per day has been established based on daily energy requirements, as shown in the table below. The total nutritional intake should be determined in consultation with healthcare professionals according to the patient's needs. One serving is calculated to be 71 g of powder.

Daily need of kcal pr day:	1000	1500	2000	2500
Maximum servings (71 g) of Hiquid Food turkey:	1	1	2	2

Additional fluid intake and a vitamin and mineral supplement should be considered in consultation with a clinical dietitian. Suggested high-quality sources of fat are extra virgin olive oil and rapeseed oil. Variation is recommended. Cod liver oil can be used as a source of Vitamin D if needed.

STORAGE AND HANDLING

Store in a dark place at room temperature. Prepared meals are for single use only. Powder residues in an opened pouch should be stored in a dark, dry, and sealed container until the expiration date. Follow the instructions for proper preparation. Do not use if the pouch is damaged. Always check the information on the packaging before use. Do not mix with medications. Dispose of the pouch as general waste.

*For healthcare professionals. Product sheet v.35, for the latest updated product sheet, visit hiquidfood.com.



INGREDIENTS
sweet potato*,
turkey* (16%), kale*,
chickpeas and
oregano*
*organic

NO-0KO-01 EU / non-EU Agriculture

INSTRUCTIONS

FOR ONE SERVING Á 71 G

Hiquid Foods soups are specially processed, with the ingredients freeze-dried and ground into powder. The soup must be administered manually with a syringe. Leftovers from the prepared meal should be discarded.

1. Pour the powder into a serving bowl
2. Stir 71 g of powder thoroughly with approximately 200 ml of boiling water, 85-100 °C.
3. Add about 100 ml of cold water or ice cubes to achieve the desired consistency.
4. Add the recommended amount of fat.
5. Check the temperature. Note: Maximum 38 °C when serving.

Prepared meal: approximately 385 ml including 1 tbsp of oil
Sources of protein: turkey and chickpeas

CONTRAINDICATIONS

Not suitable for conditions where enteral nutrition is contraindicated, such as significant risk of aspiration, acute gastrointestinal bleeding, ileus, or intestinal ischemia. Use with caution in cases of severe organ failure with disrupted metabolism and serious forms of impaired digestion and absorption. Not suitable for use with immunosuppressive medications or in cases of an inability to metabolise certain nutrients.

ORDER

Products can be ordered directly at www.hiquidfood.com. Medical foods are sold only under medical supervision, and confirmation from healthcare professionals is necessary before the products are shipped. The patient orders and pays for the products.

For inquiries regarding orders: post@hiquidfood.com

Consumer contact phone number: +47 97043426.

PRODUCT	PACKAGING	PRODUCT NR.	ART. NR.
Hiquid Food turkey	8 pouches of 200 g	919400	HIQ1102

Hiquid Food turkey

Per serving incl.
1 tbsp of oil^a:
355 kcal / ca 385 ml
prepared meal

NUTRITIONAL VALUE NO ADDED FAT

		PER SERVING 71 g	PER 100 g	PER 100 ml
Energy				
	kJ / kcal	1124 / 266	1583 / 375	357 / 84
Fat	g	2,4	3,4	0,8
- of which is saturated	g	0,4	0,6	0,1
- of which is monounsaturated	g	0,5	0,6	0,1
- of which is polyunsaturated	g	0,9	1,3	0,3
- of which is Omega-3	g	0,1	0,1	0,0
- of which is Omega-6	g	0,7	0,9	0,2
- of which is cholesterol	mg	24,5	34,5	7,8
Carbohydrate	g	35,5	50,0	11,3
- of which sugar	g	7,9	11,1	2,5
Dietary fibre	g	9,4	13,2	3,0
Protein	g	21,0	29,6	6,7
Salt	g	0,3	0,4	0,1

VITAMINS

		PER SERVING 71 g	PER 100 g	PER 100 ml
Vitamin A	µg-RE ¹	1055,7	1486,9	335,1
Vitamin D	µg	0,2	0,3	0,1
Vitamin K	µg	203,1	286,1	64,5
Vitamin C	mg	63,0	88,7	20,0
Thiamine	mg	0,3	0,4	0,1
Riboflavin	mg	0,3	0,5	0,1
Vitamin B6	mg	1,0	1,4	0,3
Niacin	mg NE ²	7,4	10,4	2,3
Folic acid	µg	58,7	82,7	18,6
Vitamin B12	µg	1,8	2,5	0,6
Pantothenic acid	mg	0,6	0,8	0,2
Biotin	µg	2,5	3,5	0,8
Vitamin E	mg alfa-TE ³	4,1	5,8	1,3

MINERALS, TRACE ELEMENTS AND OTHER NUTRIENTS

		PER SERVING 71 g	PER 100 g	PER 100 ml
Sodium	mg	127,0	178,9	40,3
Chloride	mg	71,0	100,0	22,5
Potassium	mg	1110,2	1563,7	352,4
Calcium	mg	183,9	259,0	58,4
Phosphorus	mg	288,0	405,6	91,4
Magnesium	mg	94,9	133,7	30,1
Iron	mg	3,7	5,2	1,2
Zinc	mg	1,7	2,4	0,5
Copper	µg	1140,0	1605,6	361,9
Iodine	µg	4,9	6,9	1,6
Selenium	µg	6,1	8,6	1,9
Mangan	mg	1,2	1,7	0,4
Chromium	µg	30,9	43,5	9,8
Molybdenum	µg	15,8	22,3	5,0
Fluoride	mg	0,4	0,6	0,1
Choline	mg	56,0	78,9	17,8

¹µg-RE = retinol equivalents

²mg NE = niacin equivalents

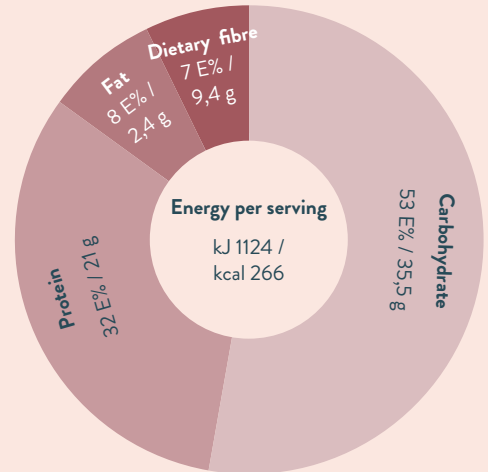
³a-TE = alpha tocopherol equivalents



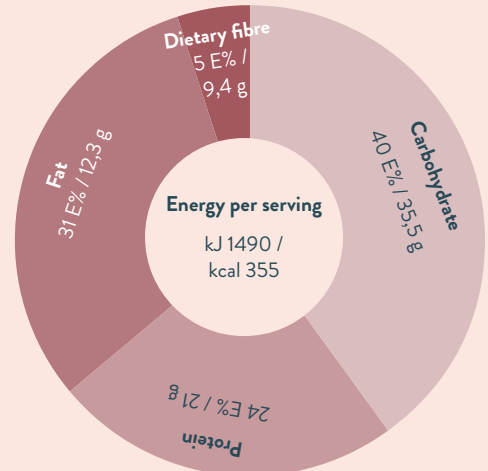
NO-ØKO-01
EU/non-EU Agriculture

^a71 g of powder, incl. added fat: extra virgin olive oil, 1 tbsp/10 g (89 kcal)

NUTRITIONAL FACTS NO ADDED FAT



NUTRITIONAL FACTS INCLUDED 1 TBSP ADDED FAT



Hiquid Food AS
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6823 Sandane
NORWAY

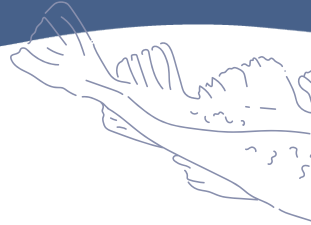
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Hiquid Food fish

Hiquid Food blended soups is food for special medical purposes. A nutritional supplement for the dietary management of children (> 3 years) and adults requiring a feeding tube and must be used under medical supervision. Hiquid Food fish is enteral nutrition made from freeze-dried powder of organic broccoli, carrot, parsley, sea buckthorn and wild-caught cod, without additives.

IMPORTANT NOTICE

To be used under medical supervision only. Not suitable for children < 3 years. The temperature of enteral nutrition must not exceed 38 °C when served. The meal must be administered manually with a syringe. Additional fluid intake should be considered in consultation with a clinical dietitian.

Not for parenteral (I.V.) use.

AREA OF USE

Hiquid Food fish is a nutritionally incomplete food with a standard formulation. Suitable as a partial replacement of the diet for children (>3 years) and adults requiring a gastrostomy.

DOSAGE

Due to the natural high content of vitamin K, fluoride and iodine, a maximum number of servings per day has been established based on daily energy requirements, as shown in the table below. The total nutritional intake should be determined in consultation with healthcare professionals according to the patient's needs. One serving is calculated to be 37 g of powder.

Daily need of kcal pr day:	1000	1500	2000	2500
Maximum servings (37 g) of Hiquid Food fish:	1	2	2	3

Additional fluid intake and a vitamin and mineral supplement should be considered in consultation with a clinical dietitian. Suggested high-quality sources of fat are extra virgin olive oil and rapeseed oil. Variation is recommended. Cod liver oil can be used as a source of Vitamin D if needed.

STORAGE AND HANDLING

Store in a dark place at room temperature. Prepared meals are for single use only. Powder residues in an opened pouch should be stored in a dark, dry, and sealed container until the expiration date. Follow the instructions for proper preparation. Do not use if the pouch is damaged. Always check the information on the packaging before use. Do not mix with medications. Dispose of the pouch as general waste.

INSTRUCTIONS

FOR ONE SERVING Á 37 G

Hiquid Foods soups are specially processed, with the ingredients freeze-dried and ground into powder. The soup must be administered manually with a syringe. Leftovers from the prepared meal should be discarded.

1. Pour the powder into a serving bowl
2. Stir 37 g of powder thoroughly with approximately 200 ml of boiling water, 85-100 °C.
3. Add about 50 ml of cold water or ice cubes to achieve the desired consistency.
4. Add the recommended amount of fat.
5. Check the temperature. Note: Maximum 38 °C when serving.

Prepared meal: approximately 315 ml including 1 tbsp of oil

Sources of protein: cod

Allergenes: fish

CONTRAINDICATIONS

Not suitable for conditions where enteral nutrition is contraindicated, such as significant risk of aspiration, acute gastrointestinal bleeding, ileus, or intestinal ischemia. Use with caution in cases of severe organ failure with disrupted metabolism and serious forms of impaired digestion and absorption. Not suitable for use with immunosuppressive medications or in cases of an inability to metabolise certain nutrients.

ORDER

Products can be ordered directly at www.hiquidfood.com. Medical foods are sold only under medical supervision, and confirmation from healthcare professionals is necessary before the products are shipped. The patient orders and pays for the products.

For inquiries regarding orders: post@hiquidfood.com

Consumer contact phone number: +47 97043426.

INGREDIENTS

broccoli*, carrot*,
cod (22%),
parsley* and
sea buckthorn*
*organic

78 % organic ingredients
NO-OKO-01 EU / non-EU Agriculture

Hiquid Food fish

Per serving incl.
1 tbsp of oil^a:
231 kcal / ca 315 ml
prepared meal

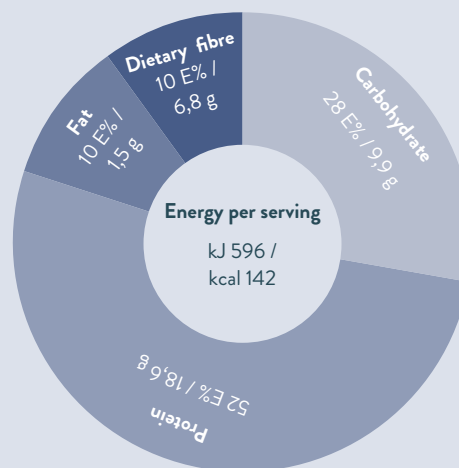
NUTRITIONAL VALUE NO ADDED FAT

		PER SERVING 37 g	PER 100 g	PER 100 ml
Energy		596 / 142	1611 / 384	298 / 71
		POWDER FROM FREEZE-DRIED INGREDIENTS, DRY WEIGHT	POWDER FROM FREEZE-DRIED INGREDIENTS, DRY WEIGHT	PREPARED MEAL
Fat		1,5	4,1	0,8
- of which is saturated	g	0,2	0,5	0,1
- of which is monounsaturated	g	0,3	0,8	0,2
- of which is polyunsaturated	g	0,5	1,3	0,2
- of which is Omega-3	g	0,3	0,8	0,2
- of which is Omega-6	g	0,2	0,5	0,1
- of which is cholesterol	mg	57,0	154,1	28,5
Carbohydrate		9,9	26,8	5,0
- of which sugar	g	9,4	25,4	4,7
Dietary fibre		6,8	18,4	3,4
Protein		18,6	50,3	9,3
Salt		0,3	0,8	0,2
VITAMINS				
Vitamin A	µg-RE ¹	480,0	1297,3	240,0
Vitamin D	µg	0,5	1,4	0,3
Vitamin K	µg	170,2	460,0	85,1
Vitamin C	mg	71,0	191,9	35,5
Thiamine	mg	0,1	0,3	0,1
Riboflavin	mg	0,2	0,5	0,1
Vitamin B6	mg	0,3	0,8	0,1
Niacin	mg NE ²	4,2	11,4	2,1
Folic acid	µg	67,9	183,5	34,0
Vitamin B12	µg	0,7	1,9	0,4
Pantothenic acid	mg	0,4	1,1	0,2
Biotin	µg	1,9	5,1	1,0
Vitamin E	mg alfa-TE ³	2,1	5,7	1,1



*37 g of powder, incl. added fat: extra virgin olive oil, 1 tbsp/10 g (89 kcal)

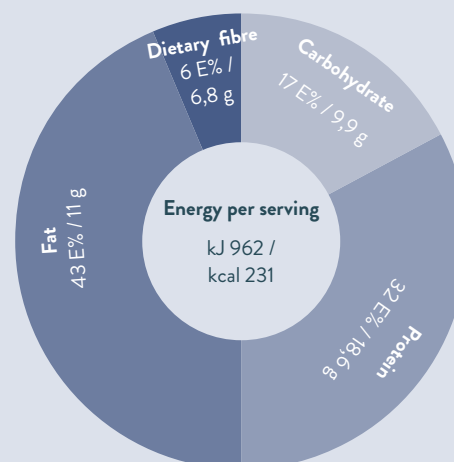
NUTRITIONAL FACTS NO ADDED FAT



MINERALS, TRACE ELEMENTS AND OTHER NUTRIENTS

Sodium	mg	102,8	277,8	51,4
Chloride	mg	162,8	440,0	81,4
Potassium	mg	887,0	2397,3	443,5
Calcium	mg	117,4	317,3	58,7
Phosphorus	mg	256,6	693,5	128,3
Magnesium	mg	55,7	150,5	27,9
Iron	mg	1,5	4,1	0,8
Zinc	mg	1,2	3,2	0,6
Copper	µg	150,0	405,4	75,0
Iodine	µg	199,7	539,7	99,9
Selenium	µg	21,3	57,6	10,7
Mangan	mg	0,7	1,9	0,4
Chromium	µg	30,3	81,9	15,2
Molybdenum	µg	9,5	25,7	4,8
Fluoride	mg	0,9	2,4	0,5
Choline	mg	54,8	148,1	27,4

NUTRITIONAL FACTS INCLUDED 1 TBSP ADDED FAT



¹µg-RE = retinol equivalents

²mg NE = niacin equivalents

³a-TE = alpha tocopherol equivalents



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Hiquid Food vegan

Hiquid Food blended soups is food for special medical purposes. A nutritional supplement for the dietary management of children (> 3 years) and adults requiring a feeding tube and must be used under medical supervision. Hiquid Food vegan is enteral nutrition made from freeze-dried powder of organic apple, green peas, celery root, white beans, black currant and ceylon cinnamon, without additives.

IMPORTANT NOTICE

To be used under medical supervision only. Not suitable for children < 3 years. The temperature of enteral nutrition must not exceed 38 °C when served. The meal must be administered manually with a syringe. Additional fluid intake should be considered in consultation with a clinical dietitian.

Not for parenteral (I.V.) use.

AREA OF USE

Hiquid Food vegan is a nutritionally incomplete food with a standard formulation. Suitable as a partial replacement of the diet for children (>3 years) and adults requiring a gastrostomy.

DOSAGE

Due to the natural high content of chromium, molybdenum and vitamin C, a maximum number of servings per day has been established based on daily energy requirements, as shown in the table below. The total nutritional intake should be determined in consultation with healthcare professionals according to the patient's needs. One serving is calculated to be 64 g of powder.

Daily need of kcal pr day:	1000	1500	2000	2500
Maximum servings (64 g) of Hiquid Food vegan:	2	3	3	4

Additional fluid intake and a vitamin and mineral supplement should be considered in consultation with a clinical dietitian. Suggested high-quality sources of fat are extra virgin olive oil and rapeseed oil. Variation is recommended. Cod liver oil can be used as a source of Vitamin D if needed.

STORAGE AND HANDLING

Store in a dark place at room temperature. Prepared meals are for single use only. Powder residues in an opened pouch should be stored in a dark, dry, and sealed container until the expiration date. Follow the instructions for proper preparation. Do not use if the pouch is damaged. Always check the information on the packaging before use. Do not mix with medications. Dispose of the pouch as general waste.

*For healthcare professionals. Product sheet v.35, for the latest updated product sheet, visit hiquidfood.com.

INSTRUCTIONS

FOR ONE SERVING Á 64 G

Hiquid Foods soups are specially processed, with the ingredients freeze-dried and ground into powder. The soup must be administered manually with a syringe. Leftovers from the prepared meal should be discarded.

1. Pour the powder into a serving bowl
2. Stir 64 g of powder thoroughly with approximately 200 ml of boiling water, 85-100 °C.
3. Add about 50 ml of cold water or ice cubes to achieve the desired consistency.
4. Add the recommended amount of fat.
5. Check the temperature. Note: Maximum 38 °C when serving.

Prepared meal: approximately 295 ml including 1 tbsp of oil
Sources of protein: green peas, white beans

Allergenes: celery root

CONTRAINDICATIONS

Not suitable for conditions where enteral nutrition is contraindicated, such as significant risk of aspiration, acute gastrointestinal bleeding, ileus, or intestinal ischemia. Use with caution in cases of severe organ failure with disrupted metabolism and serious forms of impaired digestion and absorption. Not suitable for use with immunosuppressive medications or in cases of an inability to metabolise certain nutrients.

ORDER

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For inquiries regarding orders: post@hiquidfood.com

Consumer contact phone number: +47 97043426.

INGREDIENTS
apple*, green peas*,
celery root*,
white beans*,
black currant* and
ceylon cinnamon*
*organic

NO-ØKO-01 EU / non-EU Agriculture

PRODUCT	PACKAGING	PRODUCT NR.	ART. NR.
Hiquid Food vegan	8 pouches of 200 g	947888	HIQ1101

Hiquid Food vegan

Per serving incl.
1 tbsp of oil^a:
315 kcal / ca 295 ml
prepared meal

NUTRITIONAL VALUE NO ADDED FAT

		PER SERVING 64 g	PER 100 g	PER 100 ml
Energy		947 / 226	1480 / 353	338 / 81
		POWDER FROM FREEZE-DRIED INGREDIENTS, DRY WEIGHT	POWDER FROM FREEZE-DRIED INGREDIENTS, DRY WEIGHT	PREPARED MEAL
Fat		2,4	3,8	0,9
- of which is saturated	g	0,4	0,6	0,1
- of which is monounsaturated	g	0,3	0,4	0,1
- of which is polyunsaturated	g	1,2	1,8	0,4
- of which is Omega-3	g	0,3	0,5	0,1
- of which is Omega-6	g	0,8	1,3	0,3
- of which is cholesterol	mg	0,0	0,0	0,0
Carbohydrate		30,2	47,2	10,8
- of which sugar	g	18,3	28,6	6,5
Dietary fibre	g	20,2	31,6	7,2
Protein	g	11,2	17,5	4,0
Salt	g	1,1	1,7	0,4

VITAMINS

Vitamin A	µg-RE ¹	38,5	60,2	13,8
Vitamin D	µg	0,0	0,0	0,0
Vitamin K	µg	7,1	11,1	2,5
Vitamin C	mg	98,5	153,9	35,2
Tiamin	mg	0,1	0,2	0,0
Riboflavin	mg	0,1	0,2	0,0
Vitamin B6	mg	0,4	0,6	0,1
Niacin	mg NE ²	2,0	3,1	0,7
Folsyre	µg	109,4	170,9	39,1
Vitamin B12	µg	0,0	0,0	0,0
Pantotensyre	mg	0,2	0,3	0,1
Biotin	µg	2,0	3,1	0,7
Vitamin E	mg alfa-TE ³	1,6	2,5	0,6

MINERALS, TRACE ELEMENTS AND OTHER NUTRIENTS

Sodium	mg	435,1	679,8	155,4
Chloride	mg	25,6	40,0	9,1
Potassium	mg	943,9	1474,8	337,1
Calcium	mg	128,1	200,2	45,8
Phosphorus	mg	220,8	345,0	78,9
Magnesium	mg	68,4	106,9	24,4
Iron	mg	3,1	4,8	1,1
Zinc	mg	1,5	2,3	0,5
Copper	µg	310,0	484,4	110,7
Iodine	µg	4,7	7,3	1,7
Selenium	µg	1,0	1,6	0,4
Mangan	mg	1,0	1,5	0,3
Chromium	µg	65,3	102,0	23,3
Molybdenum	µg	107,5	168,0	38,4
Fluoride	mg	0,3	0,5	0,1
Choline	mg	30,2	47,2	10,8

¹µg-RE = retinol equivalents

²mg NE = niacin equivalents

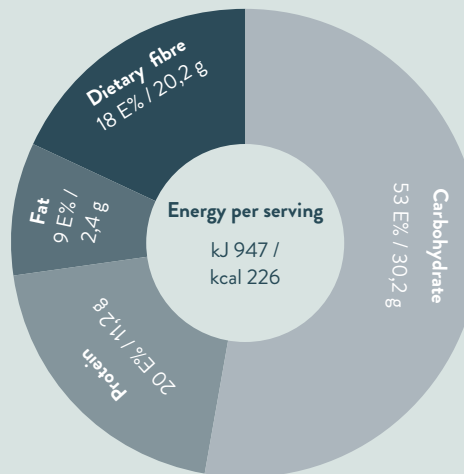
³a-TE = alpha tocopherol equivalents



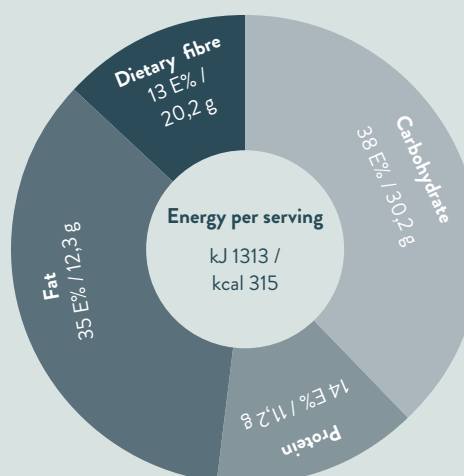
NO-ØKO-01
EU/non-EU Agriculture

^a64 g of powder, incl. added fat: extra virgin olive oil, 1 tbsp/10 g (89 kcal)

NUTRITIONAL FACTS NO ADDED FAT



NUTRITIONAL FACTS INCLUDED 1 TBSP ADDED FAT



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