Heinz Nourish® Range

Products are available from major distributors to the health sector in cartons of 24 pouches.

CODE	PRODUCT	TUN	SERVINGS PER PACKAGE: 1	ENERGY (kJ)	PROTEIN (g)	FAT, TOTAL (g)	SATURATED (g)	CARBOHYDRATE (g)	SUGARS (g)	Sobium (mg)
15322	Pork 150g Texture C – Smooth Pureed	19300657153226	Avg. Quantity per 150g Serving	840	19.5	9.2	3.8	9.9	1.8	345
			Avg. Quantity per 100g	560	13.0	6.1	2.5	6.6	1.2	230
15323	Beef 150g Texture C – Smooth Pureed	19300657153233	Avg. Quantity per 150g Serving	1050	22.5	14.4	7.2	7.8	0.6	315
			Avg. Quantity per 100g	700	15.0	9.6	4.8	5.2	0.4	210
15324	Chicken 150g Texture C – Smooth Pureed	19300657153240	Avg. Quantity per 150g Serving	1000	21.2	13.1	5.6	9.2	1.2	300
			Avg. Quantity per 100g	665	14.1	8.7	3.7	6.1	0.8	200
15424	Tuna Mornay 150g Texture C – Smooth Pureed	19300657154247	Avg. Quantity per 150g Serving	720	15.9	8.0	5.1	9.0	3.0	295
			Avg. Quantity per 100g	480	10.6	5.3	3.4	6.0	2.0	200
15325	Curried Kidney Beans 150g Texture C – Smooth Pureed	19300657153257	Avg. Quantity per 150g Serving	465	4.8	0.5	0.2	19.5	5.0	165
			Avg. Quantity per 100g	310	3.2	0.3	0.1	13.0	3.3	110
15328	Capsicum Onion & Tomato 100g Texture C – Smooth Pureed	19300657153288	Avg. Quantity per 100g Serving	270	1.3	1.3	0.7	11.0	6.0	240
			Avg. Quantity per 100g	270	1.3	1.3	0.7	11.0	6.0	240
15329	Ratatouille 100g Texture C – Smooth Pureed	19300657153295	Avg. Quantity per 100g Serving	255	1.4	1.3	0.7	10.0	3.4	115
			Avg. Quantity per 100g	255	1.4	1.3	0.7	10.0	3.4	115
15330	Pumpkin 100g Texture C – Smooth Pureed	19300657153301	Avg. Quantity per 100g Serving	340	3.4	2.1	1.3	11.6	6.4	75
			Avg. Quantity per 100g	340	3.4	2.1	1.3	11.6	6.4	75
15337	Zucchini & Peas 100g Texture C – Smooth Pureed	19300657153370	Avg. Quantity per 100g Serving	315	2.8	3.4	1.9	7.1	2.4	65
			Avg. Quantity per 100g	315	2.8	3.4	1.9	7.1	2.4	65
15331	Pumpkin & Sweet Potato 100g Texture C – Smooth Pureed	19300657153318	Avg. Quantity per 100g Serving	295	1.7	1.3	0.8	12.1	4.1	110
			Avg. Quantity per 100g	295	1.7	1.3	0.8	12.1	4.1	110
15428	Gravy 80g Sauce Pureed	19300657154285	Avg. Quantity per 80g Serving	220	1.4	2.5	1.6	5.9	0.9	130
			Avg. Quantity per 100g	275	1.8	3.1	2.0	7.4	1.1	160
15430	Cacciatore Sauce 80g Sauce Pureed	19300657154308	Avg. Quantity per 80g Serving	190	1.4	0.7	0.4	7.6	3.5	30
			Avg. Quantity per 100g	235	1.7	0.9	0.5	9.5	4.4	35



For more information contact our Customer Support Team on 1800 037 058 (Aust. only)

www.joyoffood.com.au

Made in Australia

H.J. Heinz Co. Australia Ltd., 2 Southbank Boulevard, Southbank, VIC 3006, Australia. Distributed in New Zealand by Heinz Wattie's Ltd., 513 King Street North, Hastings 4122, New Zealand. Wattie's Consumer Support Team: Toll Free 0800 653 050 (NZ only). www.watties.co.nz

Reference

- 1 Atherton, M., Bellis-Smith, N., Cichero, J., and Suter, M. (2007) Texture-modified foods and thickened fluids as used for individuals with dysphagia: Australian standardised labels and definitions. *Nutrition and Dietetics*, 64 (Suppl. 2): S53-S76.
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Foods may occasionally be reformulated. Always carefully check the product label/carton insert for currency and accuracy of information provided.



NOURISH®

Texture Modified Food



Heinz Nourish® flavoursome, nutritious food solutions for texture modified diets

Developed by Professionals

The Heinz Nourish® range has been developed in consultation with speech pathologists, dietitians and foodservice managers specifically for patients who have dysphagia or swallowing difficulties. The protein and vegetable range meets Texture C Smooth Pureed guidelines from the Australian Standardised Terminology and Definitions for Texture Modified Foods.¹ This ensures that the requirements of both the patient and health professionals are met.

HEINZ NOURISH® MENU

Protein Texture C – Smooth Pureed 150g:

Pork

Pork puree with a hint of apple

Beef

Savoury beef puree

Chicken

Rich chicken puree

Tuna Mornay

Creamy tuna, vegetable & cheese mornay

Curried Kidney Beans

Mild kidney bean & vegetable curry

Vegetables Texture C – Smooth Pureed 100g:

Capsicum Onion & Tomato

Rich capsicum, onion, apple & tomato puree

Ratatouille

Rich vegetable dish with tomatoes, onion, zucchini, eggplant & capsicum

Pumpkin

Creamy pumpkin puree

Zucchini & Peas

Flavoursome zucchini & pea blend

Pumpkin & Sweet Potato

Blend of pumpkin & sweet potato with a hint of onion & capsicum

Accompaniments - Sauce Pureed 80g:

Gravy

Rich beef flavoured gravy

Cacciatore Sauce

Tomato sauce including vegetables, olives & cheese



Heinz Nourish®

- ✓ Texture Assured
- Nutritious Food Solutions
- ✓ Heinz Brand quality, consistency & reliability
- ✓ Variety flavoursome & colourful
- ✓ Shelf Stable easy to store & use
- Portion Controlled quick & convenient
- Made in Australia

Foodservice

Heinz Nourish® range eliminates the need for pureeing individual meals and provides components for a balanced meal.

The Heinz single serve pouches simply require opening and plating before heating, reducing foodservice labour time. This convenient and safe range can increase menu variety and appeal. The pouch format is easy to store and reduces waste as all pouches have a shelf life of 12 months unopened when stored in cool dry conditions. The protein and vegetables have been specifically developed in accordance with the Texture C Smooth Pureed guidelines¹ and aim to meet nutrition standards for healthcare. Accompaniment sauces are also available with a pureed sauce texture.

Quality

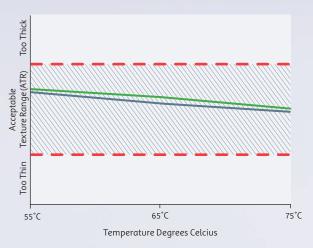
Heinz is a national supplier with a recognised brand, texture assured processes and consistent nutrition specifications.

The Heinz Nourish* product range utilises quality ingredients which are cooked in their own juices to lock in the goodness and natural flavours. The food is passed through fine industrial sieves eliminating residues such as vegetable husks from the final product. Qualified staff conduct regular quality assurance checks during the process to ensure the texture and flavour is within the defined parameters. Food safety is assured as the products are then hermetically sealed and thermally processed in pack to naturally preserve the food, enabling a shelf life of 12 months.

Texture Assurance

Heinz has clearly defined parameters to ensure Texture C Smooth Pureed guidelines¹ and pureed sauces are consistently achieved. Utilising specialised equipment and cross referencing with visual assessments and tastings with health professionals, Heinz has established an Acceptable Texture Range (ATR) for protein, vegetables and sauces. All products must meet the defined Acceptable Texture Range (ATR) at a range of temperatures for their relevant category prior to release; refer to Diagram 1: Texture Assurance.

Diagram 1: Texture Assurance



- Protein (Avg.) Texture C Smooth Pureed
- Vegetables (Avg.) Texture C Smooth Pureed

Nutrition

Heinz Nourish* range is available in convenient individual serve pouches offering a variety of meat, vegetable and sauces for menu planning and patient choice. The range is colourful and flavoursome to improve visual and appetite appeal. The portion sizes have been developed with the aim to meet healthcare menu standards and provide nutritionally balanced meal components.

- All meat pouches contain either 75g meat or at least 15g protein per serve
- At least one serve of vegetables, equivalent to 75g is in every vegetable pouch
- Controlled sodium levels per serve
- Gluten free excluding Gravy (product code 15428)
- No preservatives
- No artificial flavours

