



# Instructions for mixing into food

## Start slow and grow!



Start by mixing **1 to 2 tablespoons** of Seracal a day into meals/snacks. Then, increase gradually to the number of servings recommended by your clinician.



**1 serving = 4 tablespoons or 1/4 cup (level, not packed)**

Seracal mixes best with soft foods – either cold or hot. Ideas include pudding, yogurt, applesauce, oatmeal, condiments (ketchup, whipped butter, sauces, ranch dressing/dip, and hummus), chili, taco meat, baked goods (pancakes or muffins), and smoothies/milkshakes.

We do not recommend adding Seracal to thin beverages like coffee, water, or milk.

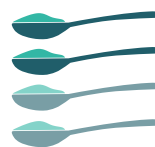


2 scrambled eggs



2-3 tbsp

1 cup flavored yogurt



2-4 tbsp

2 tbsp ranch dressing



1-2 tbsp



Find more mix-in examples and more information at **MySeracal.com!**

