

Food First – Homemade supplements

Fortified milkshake

Makes 1 portion

These options are almost identical in nutritional value to 1 milkshake type sip feed e.g. Complan Shake®, Aymes Shake®, Ensure Plus® and are the most nutritionally complete option.

Ingredients <ul style="list-style-type: none"> • 180ml full fat milk • 30g skimmed milk powder • 20g vitamin fortified milkshake powder (e.g. Nesquik® or Tesco milkshake mix) 	Directions Mix milk powder and milkshake powder together in a glass. Gradually mix in milk and stir well. Serve 2 portions per day
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1 portion = 220ml	1 portion contains:	1 portion costs:
Over the counter cost comparison: 1 sachet Complan 55g + 200ml full fat milk (230ml) = £0.99	<ul style="list-style-type: none"> • 300 calories (kcal) • 18g protein • 40g carbohydrate • 8g fat 	£0.43

Fortified fruit juice

Makes 1 portion

These offer similar nutritional value to juice style sip feeds e.g. Resource Fruit, Ensure Plus Juce®, Fresubin Jucy®, Fortijuice®, and are suitable for those who do not like milky drinks.

Ingredients <ul style="list-style-type: none"> • 180ml fruit juice (flavour ideas below) • 40ml undiluted high juice squash or cordial (not sugar free / diet / no added sugar) • 10g (2 x 5g sachets) egg white powder* 	Directions Mix undiluted cordial or squash into egg white powder (do not whisk). Gradually mix in fruit juice. Serve 2 portions per day
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*this can be found in the home-baking section of most supermarkets or larger, better value packs can be purchased online

1 portion = 220ml	1 portion contains:	1 portion costs:
Try: <ul style="list-style-type: none"> • High juice blackcurrant squash + cranberry juice 	<ul style="list-style-type: none"> • 185 calories (kcal) • 8.3g protein • 38g carbohydrate • 0g fat 	£0.65
<ul style="list-style-type: none"> • High juice orange squash + pineapple juice 	<ul style="list-style-type: none"> • 179 calories (kcal) • 8.3g protein • 38g carbohydrate • 0g fat 	£0.62
<ul style="list-style-type: none"> • Elderflower cordial (e.g. <i>Belvoir</i> or <i>Bottlegreen</i>) + apple juice 	<ul style="list-style-type: none"> • 207/235 calories (kcal) • 8.3g protein • 34/42g carbohydrate • 0g fat 	£0.83
<ul style="list-style-type: none"> • High juice cranberry squash + orange juice 	<ul style="list-style-type: none"> • 187 calories (kcal) • 9.6g protein • 35.4g carbohydrate • 0g fat 	£0.64

Fortified lemon cream

Makes 3 portions

The lemon or chocolate caramel creams are suitable for those with very small appetites who would not managed 2 x 200-220ml supplements per day. These have an identical nutritional profile to 120ml (3 x 40ml) ProCal Shot / Calogen / Calogen Extra (1 portion needed per day)

Ingredients <ul style="list-style-type: none"> • 300ml double cream • 70g caster sugar • Juice of 1 – 1½ lemons • 30g skimmed milk powder 	Directions <p>Put cream and milk powder in a small saucepan. Gently heat until milk powder has dissolved. Add sugar.</p> <p>Bring to the boil and boil for 3 minutes. Thoroughly mix in lemon juice to taste. Pour into 3 small dessert bowls and chill.</p> <p>Serve 1 portion per day only Will keep (covered) in fridge for 3 days.</p>
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1 portion = 100ml	1 portion contains:	1 portion costs:
	<ul style="list-style-type: none"> • 590-592 calories (kcal) • 5g protein • 32-33g carbohydrate • 49g fat 	£0.49 - £0.55

Fortified chocolate caramel cream

Makes 3 portions

Ingredients <ul style="list-style-type: none"> • 150ml double cream • 30g skimmed milk powder • 30ml full fat milk • 2 x standard size (51g) Mars or similar nougat-caramel chocolate bars 	Directions <p>Put cream and milk powder in a small saucepan. Gently heat until milk powder has dissolved. Add finely chopped Mars Bars. Heat gently, stirring all the time, until Mars Bars have completely melted.</p> <p>Pour into 3 small dessert bowls and chill.</p> <p>Serve 1 portion per day only Will keep (covered) in fridge for 3 days.</p>
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1 portion = 80ml	1 portion contains:	1 portion costs:
	<ul style="list-style-type: none"> • 424 calories (kcal) • 6g protein • 30.2g carbohydrate • 30.7g fat 	£0.59

All costs calculated from major supermarket prices on 07/07/16. For food allergen information please refer to the manufacturer's label on each individual ingredient.

Acknowledgement: Oxfordshire CCG Medicines Optimisation Team. Originally written by Alison Smith, Prescribing Support Dietitian, Aylesbury Vale & Chiltern CCGs in July 2013

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Tips on making the fruit juice supplement

The fruit juice recipe is simple to make providing that the instructions are followed – i.e. gradually mix the 'neat' cordial into the egg white powder using a spoon, then when it is combined, gradually mix in the fruit juice. There is no taste of egg to this supplement. The recipe is not suitable to be made using a fork, whisk, shaker or blender – if any of these are used, due to the egg white content, it will become extremely frothy and therefore not very palatable. If the egg white powder is added to the liquid, or the liquid is mixed in too quickly, the powder will form clumps and will not mix into the liquid smoothly.