







**Patient / Carer Information Food First Homemade Supplements**

**Fortified Milkshake**

Makes 1 portion

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**Most nutritionally complete choice**

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| **Ingredients**   * 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 + 200ml full fat milk (230ml) £0.96  1 sachet Build-Up + 200ml full fat milk (230ml) £1.07 | * 305 calories * 17g protein * 44g carbohydrate * 7.5g fat | **£0.33** |

**Fortified Fruit Juice**

Makes 1 portion

**Suitable for those who do not like milky drinks**

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| **Ingredients**   * 180ml fruit juice (*flavour ideas below*) * 40ml undiluted high juice squash or cordial (**not** sugar free/ diet/ no added sugar)   1 x 8g sachet 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** |

\*this can be found in the home-baking section of most supermarkets

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| **1 portion = 220ml** | **1 portion contains:** | **1 portion costs:** |
| * High juice blackcurrant squash + cranberry juice | 189 kcal  6.5g protein, 0g fat  42.4g carbohydrate | **£0.51** |
| * High juice orange squash + pineapple juice | 193kcal  6.5g protein, 0g fat  38g carbohydrate | **£0.49** |
| * Elderflower cordial (e.g. *Belvoir* or *Bottlegreen*)   + apple juice | 226/238kcal  6.5g protein, 0g fat  46.6/52g carbohydrate | **£0.60/ £0.62** |
| * High juice cranberry squash + orange juice | **170kcal**  7.5g protein, 0g fat  34.2g carbohydrate | **£0.45** |

**Fortified Lemon Cream**

Makes 3 portions

**Suitable for those with very small appetites who would not manage 2 x 220ml supplements per day**

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| **Ingredients**   * 300ml double cream * 70g caster sugar * Juice of 1 – 1½ lemons * 30g skimmed milk powder | **Directions**   * Put cream and milk powder in a small saucepan. * Gently heat until milk powder has dissolved. * Add sugar. * Bring to the boil and boil for 3 minutes. Thoroughly mix in lemon juice to taste. Pour into 3 small dessert bowls and chill.   **Serve 1 portion per day only**  Will keep (covered) in the fridge for 3 days |

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| **1 portion = 100ml** | **1 portion contains:** | **1 portion costs:** |
| PngMedium-Lemon-Lime-5488[1] | * **618kcal** * **5g protein** * 31.6g carbohydrate * 53g fat | * **£0.53 – 0.58** |

**Fortified Chocolate Caramel Cream**

Makes 3 portions

**Suitable for those with very small appetites who would not manage 2 x 220ml supplements per day**

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| **Ingredients**   * 150 Double cream * 30g skimmed milk powder * 30ml full fat milk * 2 x 58g Mars Bars or similar nougat- caramel chocolate bars | **Directions**   * Put cream, milk 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. * Pour into 3 small dessert bowls and chill.   **Serve 1 portion per day only**  Will keep (covered) in the fridge for 3 days |

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| **1 portion = 80ml** | **1 portion contains:** | **1 portion costs:** |
|  | * 509kcal * 6.5gprotein * 43.5g carbohydrate * 35.5g fat | * **£0.51** |

Additional ideas and recipes for nutritional supplementation can be found on the CCG website

All costs calculated from major supermarket prices on 09/6/15

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| **Developed by** | Liz Bailey with support from Alison Smith, Aylesbury Vale & Chiltern CCGs |
| **Date ratified** | June 2015 STAMP : July 2015 CPC |