







**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 glassGradually 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) £0.961 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 kcal6.5g protein, 0g fat42.4g carbohydrate | **£0.51** |
| * High juice orange squash + pineapple juice
 | 193kcal 6.5g protein, 0g fat38g carbohydrate | **£0.49** |
| * Elderflower cordial (e.g. *Belvoir* or *Bottlegreen*)

+ apple juice | 226/238kcal6.5g protein, 0g fat46.6/52g carbohydrate  | **£0.60/ £0.62** |
| * High juice cranberry squash + orange juice
 | **170kcal** 7.5g protein, 0g fat34.2g 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**
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**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 |