

Patient/carer information: Food First - Homemade supplements

Fortified milkshake

Makes 1 portion

- **Most nutritionally complete choice**

<p>Ingredients</p> <ul style="list-style-type: none"> • ½ pint/180ml full fat milk • 2 generous tablespoons/30g skimmed milk powder • 4 heaped teaspoons/20g <u>vitamin fortified</u> milkshake powder (<u>Nesquik</u>, <u>Asda Milkshake Mix</u>, <u>Morrisons Milkshake Mix</u> or <u>Lidl Goody Cao</u>) <p>OR</p> <p>5 heaped teaspoons (25g) '<u>Ovaltine Original Add Milk</u>' powder</p> <p>OR</p> <p>5 heaped teaspoons (25g) '<u>Horlicks Original Add Milk</u>' powder</p>	<p>Directions</p> <p>Mix milk powder and milkshake powder together in a glass. Gradually mix in milk and stir well.</p> <p>1 portion = 220ml Serve 2 portions per day</p> 
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Product comparison, per portion	Calories	Protein	Carbohydrate	Fat	Cost
Homemade fortified milkshake	305	17g	44g	7.5g	£0.40
Homemade fortified Horlicks	319	19.3g	43.8g	8.6g	£0.48
Homemade fortified Ovaltine	319	18.4g	44.3g	7.9g	£0.58
Purchased Complian + full fat milk	310	12.5	44g	8.1g	£1.02
Purchased Meritene + full fat milk	247	16.6	26g	8.3g	£1.15

Fortified fruit juice (flavour ideas below)

Makes 1 portion

- **Suitable for those who do not like or cannot take milky drinks**

<p>Ingredients</p> <ul style="list-style-type: none"> • 180ml fruit juice • 40ml undiluted high juice squash or cordial (not sugar free/ diet/ no added sugar) • 10g (2 x 5g sachets) egg white powder* 	<p>If possible use fruit juice with <u>added vitamins</u> - such as <u>Vitafit (Lidl)</u> or <u>Tropicana Multivitamins</u></p>	<p>Directions</p> <p>Put egg white powder in a glass. Gradually stir in undiluted cordial or squash (do not whisk). When mixed, gradually mix in fruit juice.</p> <p>1 portion = 220ml Serve 2 portions per day</p> 
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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

Product comparison, per portion	Calories	Protein	Carbohydrate	Fat	Cost
High juice blackcurrant squash + cranberry juice	212kcal	8.4g	42.4g	0g	£0.81
High juice orange squash + pineapple juice	205kcal	8.4g	38g	0g	£0.81
High juice cranberry squash + orange juice	182kcal	9.4g	34.2g	0g	£0.83
Elderflower cordial (e.g. <i>Belvoir</i> or <i>Bottlegreen</i>) + apple juice	238/250kcal	8.6g	46.6/52g	0g	£1.03

Fortified lemon cream

Makes 3 portions

- Suitable for those with very small appetites who would not manage 2 x 220ml supplements 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</p> <p>Will keep (covered) in fridge for 3 days.</p>
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1 portion = 100ml	1 portion contains: <ul style="list-style-type: none"> • 618kcal • 5g protein • 31.6g carbohydrate • 53g fat 	1 portion costs: £0.55 – 0.60
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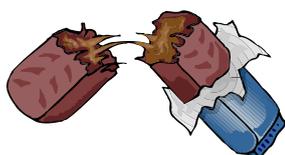
Fortified chocolate caramel cream

Makes 3 portions

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

Ingredients <ul style="list-style-type: none"> • 150ml double cream • 30g skimmed milk powder • 30ml full fat milk • 2 x standard size (approx 50g) Mars Bars or similar nougat- caramel chocolate bars 	Directions <p>Put cream, milk and milk powder in a small saucepan. Gently heat until milk powder has dissolved. Add finely chopped chocolate bars. Heat gently, stirring all the time, until chocolate bars have completely melted. Pour into 3 small dessert bowls and chill.</p> <p>Serve 1 portion per day only</p> <p>Will keep (covered) in fridge for 3 days.</p>
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1 portion = 80ml	1 portion contains: <ul style="list-style-type: none"> • 440kcal • 6g protein • 30.1g carbohydrate • 32.8g fat 	1 portion costs: £0.82
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All costs calculated from major supermarket prices on 12/6/20

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Developed by	Alison Smith, Consultant Prescribing Support Dietitian, Herts Valleys CCG
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