

## ALL ABOUT NUTRITIONAL SIP FEEDS

### Why do I need them?

There may be times when it is difficult for you to get sufficient nutrients from your diet alone for your body's needs. Nutritional sip feeds are a useful way to boost your nutritional intake.

### What are they?

Nutritional sip feeds are special drinks that have been designed to improve nutritional intake in times of need. They contain a wide variety of nutrients such as additional calories, protein and vitamins and minerals.

### What types are available?

Nutritional sip feeds come in a variety of styles, including milkshake, yoghurt and juice. They are available in a wide range of sweet, savoury and neutral flavours.

### How many of these drinks do I need to take?

You have been prescribed ..... drinks per day. It is important that you try to take these.

### When should I take them?

This will vary depending on how many you require. It is best to take them after or in between meals. If you take it just before a meal, you may find it reduces your appetite.

### How should I take them?

They may be served cold from the fridge, sipped through a straw from the bottle or poured into a glass. Neutral and savoury flavours may be warmed. When heating please remove from the packaging and do not boil.

### Where do I get them?

They are available on prescription. You may wish to tell your prescriber and pharmacist the types and flavours of nutritional sip feeds you prefer.

### How should I store them?

They should be stored in a cool, dry place away from radiators and other sources of heat. They do not need to be refrigerated. The ones you require that day may be chilled in the fridge if you prefer them cold. Check they are in date before using. Once opened, they must be stored in the fridge, and if not taken that day, thrown away. If they are left open outside the fridge they must be consumed within four hours

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### How can I take them?

Nutritional sip feeds can be taken as they are or you may find useful serving suggestions below:

#### **Sweet Flavours**

- Best served cold from the fridge
- Add suitable flavours to lemonade or fruit juices
- Add ice cream and liquidise into a milkshake
- Use in mousse, milk jellies, Angel Delight etc.
- Freeze into ice-lollies
- Try some banana or chocolate flavour over cereal.
- Warm suitable flavours.

#### **Savoury flavours**

- To enhance flavours add pepper, salt or other seasonings.
- Add some dried packet or condensed soup to enhance flavour.
- Use as a base to make a sauce.

#### **Neutral Flavour** – *These can be used to replace milk in foods and drinks*

- Over cereal or to make porridge.
- To make up packet or tinned condensed soup.
- To make milk puddings, instant whips, blancmanges and rice pudding.
- Use as a base to make a sauce e.g. cheese sauce

**Caution – If heating, remove from packaging and do not boil**