


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. <div style="text-align: right; margin-top: 10px;">  </div>
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Serve 2 portions per day

1 portion = 220ml	1 portion contains:	1 portion costs:
Over the counter cost comparison: 1 sachet Complan + 200ml full fat milk (230ml) = £0.87	<ul style="list-style-type: none"> 305 calories (kcal) 17g protein 44g carbohydrate 7.5g fat 	£0.26

Fortified fruit juice (not suitable for patients with diabetes)

Makes 1 portion

These offer similar nutritional value to juice style sip feeds e.g. Resource fruit, Ensure Plus Juce®, Fresubin Jucy® Drink, Fortijuce® and are suitable for those who do not like milky drinks but are not suitable for patients with diabetes.

Ingredients <ul style="list-style-type: none"> 180ml fruit juice (<i>flavour ideas below</i>) 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. <div style="text-align: right; margin-top: 10px;">  </div>
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Serve 2 portions per day

*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"> 212 calories (kcal) 8.4g protein 42.4g carbohydrate 0g fat 	£0.80
<ul style="list-style-type: none"> high juice orange squash + pineapple juice 	<ul style="list-style-type: none"> 205 calories (kcal) 8.4g protein 38g carbohydrate 0g fat 	£0.74
<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"> 238/250 calories (kcal) 8.6g protein 46.6/52g carbohydrate 0g fat 	£0.88/ £0.93
<ul style="list-style-type: none"> high juice cranberry squash + orange juice 	<ul style="list-style-type: none"> 182 calories (kcal) 9.4g protein 34.2g carbohydrate 0g fat 	£0.76




Fortified lemon cream (not suitable for patients with diabetes)

Makes 3 portions

The lemon or chocolate caramel creams are suitable for those with very small appetites who would not manage 2 x 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]


<p>Ingredients</p> <ul style="list-style-type: none"> • 300ml double cream • 70g caster sugar • Juice of 1 – 1½ lemons • 30g skimmed milk powder 	<p>Directions</p> <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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<p>1 portion = 100ml</p> 	<p>1 portion contains:</p> <ul style="list-style-type: none"> • 618 calories (kcal) • 5g protein • 31.6g carbohydrate • 53g fat 	<p>1 portion costs:</p> <p>£0.46 – 0.53</p>
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Fortified chocolate caramel cream (not suitable for patients with diabetes)

Makes 3 portions

<p>Ingredients</p> <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 	<p>Directions</p> <p>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.</p> <p>Serve 1 portion per day only</p> <p>Will keep (covered) in fridge for 3 days.</p>
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<p>1 portion = 80ml</p> 	<p>1 portion contains:</p> <ul style="list-style-type: none"> • 440 calories (kcal) • 6g protein • 30.1g carbohydrate • 32.8g fat 	<p>1 portion costs:</p> <p>£0.58</p>
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All costs calculated from major supermarket prices on 20/10/15.

For food allergen information please refer to the manufacturer's label on each individual ingredient.