

Food First: Homemade supplements

When you are not able to eat enough to meet your needs, these recipes can be used to supplement your food intake between meals and snacks. They are not suitable as a sole source of nutrition.

Fortified milkshake - makes 1 portion Most nutritionally complete choice



Ingredients	Directions
<ul style="list-style-type: none"> • 1/3 of pint/180ml full fat milk • 6 heaped teaspoons 30g skimmed milk powder • 4 heaped teaspoons 20g vitamin fortified milkshake powder (Nesquik) <p>OR</p> <ul style="list-style-type: none"> • 5 heaped teaspoons/25g Ovaltine Original Add Milk Drink <p>OR</p> <ul style="list-style-type: none"> • 5 heaped teaspoons/25g Horlicks Traditional 	<ul style="list-style-type: none"> • Mix milk powder and milkshake powder together in a glass • Gradually mix in milk and stir well <p>Serve 2 portions per day</p> <p>1 portion = 220ml</p>

Product comparison per portion	Calories	Protein	Carbohydrate	Fat
• Fortified Nesquik	310	18g	40g	8g
• Fortified Ovaltine Original Add Milk Drink	315	19g	44g	8g
• Fortified Horlicks Traditional	319	19g	43g	8g



Fortified Fruit Juice - makes 1 portion
Suitable for those who don't like milky drinks



Ingredients	Directions
<ul style="list-style-type: none"> • 180ml fruit juice (try using juice with added vitamins such as Vitafit (Lidl) or Tropicana Multivitamins) • 40ml undiluted high juice squash* or cordial (not sugar free/diet/no added sugar) • 10g (2 x 5g sachets) egg white powder. Found in the home-baking section of most supermarkets 	<ul style="list-style-type: none"> • Mix undiluted cordial or squash into egg white powder (do not whisk) • Gradually mix in fruit juice <p>Serve 2 portions per day</p>



Recipes	1 portion (220ml) contains:
<ul style="list-style-type: none"> • High juice blackcurrant squash + cranberry juice • High juice orange squash + pineapple juice • Elderflower cordial + apple juice • High juice cranberry squash + orange juice 	<ul style="list-style-type: none"> • 212 calories, 8.4g protein, 42.4g carbohydrate, 0g fat • 205 calories, 8.4g protein, 38g carbohydrate, 0g fat • 238/250 calories, 8.6g protein, 46.6/52g carbohydrate, 0g fat • 182 calories, 9.4g protein, 34.2g carbohydrate, 0g fat

*High juice squash can be found in the squash and cordial aisle of most supermarkets. It contains a combination of fruit juice and concentrated fruit.

Fortified Lemon Cream
Suitable for those with very small appetites



Ingredients	Directions
<ul style="list-style-type: none"> • 300ml double cream • 70g caster sugar • Juice of 1 to 1 and a half lemons • 30g skimmed milk powder <p>Makes 3 portions</p>	<ul style="list-style-type: none"> • 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 <p>Serve 1 portion per day</p> <p>Will keep (covered) in the fridge for 3 days</p>
<p>1 x 100ml portion contains: • 618 calories, 5g protein, 31.6g carbohydrate, 53g fat</p>	

Fortified Chocolate Caramel Cream
Suitable for those with very small appetites



Ingredients	Directions
<ul style="list-style-type: none"> • 150ml double cream • 30g skilled milk powder • 30ml full fat milk • 2 x standard size (approx 50g) Mars bars or similar nougat/caramel chocolate bars <p>Makes 3 portions</p>	<ul style="list-style-type: none"> • 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 the Mars Bars have completely melted • Pour into 3 small dessert bowls and chill <p>Serve 1 portion per day</p> <p>Will keep (covered) in the fridge for 3 days</p>
<p>1 x 80ml portion contains: • 440 calories, 6g protein, 30.1g carbohydrate, 32.8g fat</p>	

If you require further information please see resource:

[Advice for eating well if you have lost weight or are underweight.](#)

Document Governance	
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Original Author(s):	Alison Smith, Prescribing Support Dietitian, Aylesbury Vale & Chiltern CCGs in collaboration with Buckinghamshire Healthcare NHS Trust Community Dietitians.
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