

NHS Aylesbury Vale Clinical Commissioning Group

Patient/carer information: Food First - Homemade supplements

For use with "Eating well for small appetites or Increase intake by 500 calories per day" if high risk of malnutrition

Fortified milkshake

Makes 1 portion

Most nutritionally complete choice

Ingredients	Directions
180ml full fat milk	Mix milk powder and milkshake powder together
30g skimmed milk powder20g <u>vitamin fortified</u> milkshake powder	in a glass. Gradually mix in milk and stir well.
(Nesquik or Tesco Milkshake Mix)	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) = £0.95 1 sachet Aymes Retail + 200ml full fat milk (230ml) = £0.57	 305 calories 17g protein 44g carbohydrate 7.5g fat 	£0.32

Fortified fruit juice (flavour ideas below) Makes 1 portion

Suitable for those who do not like milky drinks

Ingredients	If possible use fruit juice with added	Directions
180ml fruit juice	vitamins - such as Vitafit (Lidl) or Tropicana Multivitamins igh juice squash or cordial	Mix undiluted cordial or squash into egg white powder (do not whisk).
	liet/ no added sugar)	Gradually mix in fruit juice.
• 10g (2 x 5g sache	ts) egg white powder*	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:	• 212kcal	£0.74
 high juice blackcurrant squash + cranberry 	• 8.4g protein	
juice	 42.4g carbohydrate 	
	Og fat	
• high juice orange squash + pineapple juice	• 205kcal	£0.74
	• 8.4g protein	
	 38g carbohydrate 	
	Og fat	
• elderflower cordial (e.g. <i>Belvoir</i> or	• 238/250kcal	£0.93
Bottlegreen) + apple juice	• 8.6g protein	
	• 46.6/52g carbohydrate	
	Og fat	
 high juice cranberry squash + orange juice 	• 182kcal	£0.76
	• 9.4g protein	
	• 34.2g carbohydrate	
	Og fat	

Fortified lemon cream

Makes 3 portions

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

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 fridge for 3 days.

1 portion = 100ml	1 portion contains:	1 portion costs:
	• 618kcal	£0.46 - 0.61
	• 5g protein	
*	31.6g carbohydrate	
	• 53g fat	

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

- 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

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 fridge for 3 days.

1 portion = 80ml	1 portion contains:	1 portion costs:
	• 440kcal	£0.58
	• 6g protein	
	• 30.1g carbohydrate	
	• 32.8g fat	

All costs calculated from major supermarket prices on 29/2/16

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