



## Healthcare professional guide: Energy, protein & price comparison for commonly prescribed sip feeds & food first alternatives

No single naturally occurring food stuff is nutritionally complete, and we are all advised to eat a balanced diet to obtain all the nutrients that our bodies require.

Continuing to eat as balanced a diet as possible remains an essential part of the treatment of malnutrition – see “Food First – Eating well for small appetites” for practical advice on how this can be achieved using ‘food first’.

### Milkshake type

Product Per portion	Volume (ml)	Energy content (kcal)	Protein content (g)	Cost per portion (£) to: NHS/ Patient
Complan Shake <i>*FIRST LINE CHOICE*</i>	250	387	15.6	0.95 0.17
Ensure Plus	220	330	13.8	2.02
Fortisip Compact	125	300	12	2.02
Enshake ( <i>not nutritionally complete</i> )	310	600	16	2.16 0.21
Ensure ( <b>NOT RECOMMENDED</b> )	250	250	12	2.26
Fortisip Bottle ( <b>NOT RECOMMENDED</b> )	200	300	12	2.06
Build-Up Shake	230	267	14.4	1.07
Complan (over the counter)	250	387	15.6	0.96
Homemade fortified milkshake, made as per recipe † (total nutritional content almost identical to Complan or Ensure Plus)	220	305	17	0.33
Instant hot chocolate made with full fat milk fortified with 1 tablespoon (tblsp) skimmed milk powder	210	320	15.5	0.24
Instant hot chocolate made with full fat milk	200	265	10	0.39
Full fat milk fortified with 1 tblsp skimmed milk powder	210	200	12.5	0.43
Full fat milk	200	140	7	0.17
Instant hot chocolate made with water ( <b>NOT RECOMMENDED</b> )	200	125	3	0.12

† For recipe see “Food First – Homemade supplements”

### Soup type

Product Per portion	Volume (ml)	Energy content (kcal)	Protein content (g)	Cost per portion (£) to: NHS/ Patient
Ensure Plus Savoury	220	330	13.8	2.02
Vitasavoury 300 ( <i>not nutritionally complete</i> )	150	300	6.4	1.77
Build-Up Soup	200	203	6.9	0.90
Cup-a-Soup made with full fat milk fortified with 1 tablespoon skimmed milk powder	210	281 - 335	13.5 – 14.5	0.50
Cup-a-Soup made with water ( <b>NOT RECOMMENDED</b> )	215	89 – 138	0.9 – 2.2	0.29

### Juice type

Product Per portion	Volume (ml)	Energy content (kcal)	Protein content (g)	Cost per portion (£) to: NHS/Patient
Ensure Plus Juice ( <i>not nutritionally complete</i> )	220	330	10.6	1.97
Fortified fruit juice †	220	200	6.5	0.50

† For recipe see “Food First – Homemade supplements”

### Dessert type

Product Per portion	Volume (g)	Energy content (kcal)	Protein content (g)	Cost per portion (£) to: NHS/ Patient
Forticreme Complete	125	200	11.9	1.96
Ensure Plus Crème	125	171	7.2	1.88
Thick & creamy /Greek yogurt (150g tub) fortified with 1 tablespoon skimmed milk powder	165	285	10.5	0.62 – 0.79
Thick & creamy /Greek yogurt	150	230	5	0.58 – 0.75
'Premium' chocolate mousse/dessert	90/100	210 - 300	4 - 5	0.59 – 0.95
Low fat yogurt ( <b>NOT RECOMMENDED</b> )	125	120	4.8	0.38

### Fortifier type

Product Per portion	Volume	Energy content (kcal)	Protein content (g)	Cost per portion (£) to: NHS/ Patient
Calogen ( <i>not nutritionally complete</i> )	30ml (prescribed 30ml tds)	135	0	0.65
ProCal Powder ( <i>not nutritionally complete</i> )	15g scoop	100	2	0.40 – 0.59
Maxijul Super Soluble Powder ( <i>not nutritionally complete</i> )	15g scoop	60	0	0.09
Complan Stir-in (over the counter)	15g	66	2.3	0.29
Cheese	25g	102	6.2	0.18
Skimmed milk powder	15g	55	5.5	0.04
Double cream	15ml	100	0.5	0.06
Margarine/butter	10g	55/75	0	0.02/0.04
Vegetable oil/olive oil	10ml	82	0	0.02
Sugar	10g	50	0	0.01

### Low volume type

Product Per portion	Volume	Energy content (kcal)	Protein content (g)	Cost per portion (£) to: NHS/ Patient
ProCal Shot ( <i>not nutritionally complete</i> )	120ml (30ml qds)	401	8	2.30
Calogen Extra ( <i>added micronutrients; not nutritionally complete</i> )	120ml (30ml qds)	480	6	2.74
Fortified lemon cream †	100ml	618	5	0.53
Fortified chocolate caramel cream †	100ml	509	6.5	0.51

† For recipe see "Food First – Homemade supplements"

(All costs calculated from major supermarket prices on 3/7/13)

<b>Developed by</b>	Alison Smith, Prescribing Support Dietitian, Aylesbury Vale & Chiltern CCGs
<b>Date ratified</b>	18 <sup>th</sup> July 2013 (Medicines Management JET)
<b>Review date</b>	18 <sup>th</sup> July 2016