

A guide for patients who need nutritional supplements

This diet sheet has been developed to help you to get the most benefit from the nutritional supplement your GP, dietitian or healthcare professional has recommended for you.

What are nutritional supplements?

They are nutritionally enriched milkshake, juices, puddings or soups that will provide you with additional energy, protein and nutrients.



Supplements are intended to be taken in addition to what you eat and drink. They are not meal replacements but should be taken as a nourishing snack between meals or used to enrich foods eaten at mealtimes. Your GP or dietitian will tell you how many to have each day.

They are available in different types and flavours to suit your individual preferences.

Why do I need a nutritional supplement?

These have been prescribed to help you meet your nutritional needs. When you are unwell you may find it difficult to eat enough food and drink enough fluids. But it is important to keep well nourished.

What if I can't take my supplements?

If you dislike or are unable to take your supplements, see the advice below. If you continue to have difficulties, please ask to see your healthcare professional, who may be able to recommend an alternative. Do not wait for your next appointment.

How long should I take supplements for?

Please check with your GP or dietitian if you are unsure whether you still need supplements.

General advice and tips

- Most of the milkshake-style, fruit supplement drinks and desserts taste better refrigerated but they do not have to be stored in the fridge until you want to use them.
- Drink-style supplements are designed to be sipped.
- Always take supplements between meals, leaving at least an hour between finishing your supplement and your next meal.
- Milk, water or fizzy drinks can be used to dilute supplements but this requires you to drink a larger volume of fluid.
- Ice can be added to supplement drinks.
- Supplements can be frozen and eaten as an ice lolly or ice-cream.
- Once opened, be aware that some supplement drinks must be consumed within 24 hours, after this please dispose of any remaining (this doesn't apply to Calogen, Procal or powder formulations).
- If you suffer prolonged nausea, vomiting or diarrhoea while on the supplements, please bring this to the attention of your GP or dietitian.
- If you experience difficulty taking your supplements, there are many recipes in which supplements can be used. Some recipes are included in this leaflet, ask your dietitian for others.



Using supplements in food

- Milkshake or juice-style supplements can be used to make smoothies. Use one scoop of ice-cream and blend with a carton or bottle of supplement, adding a banana or a few berries.



- Vanilla milkshake-style supplements can be added to milk puddings, such as rice pudding. Substitute the supplement for part of the milk you would normally use, and bake as usual.
- Neutral supplements can be added to creamy soups, such as cream of mushroom, cream of chicken or cream of tomato soups. Stir into the soup and heat in a saucepan as usual, but be careful not to let it boil, as this affects the supplements nutritional content.
- Neutral or vanilla supplements can be used in dishes such as fish pie, chowders, and in foods which you would normally add milk to, such as mashed potato, custard and cheesecakes.
- Fruity juice-based supplements can be used in fruit dishes, such as compote, jellies, fruit pies and puddings.
- If you have been asked to take Calogen, Calogen Extra or Procal, you can add your regular dose to soups, porridge, milky puddings, mashed potato, creamy sauces or milky drinks. Ensure these are added after heating.



Quick and easy recipes

Fruit jelly

Dissolve a jelly in a small amount of boiling water and then allow to cool. Add a juice-based supplement plus water to the required volume according to the packet instructions. Allow to set in the fridge.

Milkshakes

Blend all ingredients in a blender until smooth:

Banana split

Half a banana, scoop of vanilla ice-cream, banana or vanilla supplement.

Banoffee

Half a banana, scoop of vanilla ice-cream, toffee supplement.

Strawberry dream

Four or five strawberries, scoop of strawberry or vanilla ice-cream, strawberry or vanilla supplement.

Chocolate velvet

Melted or grated chocolate, scoop of vanilla ice-cream, chocolate flavoured supplement.

Mocha cream

Scoop of vanilla ice-cream, coffee or mocha supplement.



Hot drinks

Heat the supplement, but do not boil, and add flavouring to taste:

Coffee crème

Heat neutral supplement, dissolve a teaspoon of instant coffee granules in a small amount of hot water, add to the supplement and stir.

Hot chocolate

Heat chocolate supplement and full cream milk to achieve desired texture, top with whipped cream and dust with chocolate powder.



Orange and pineapple

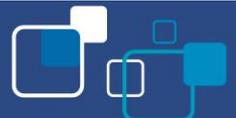
Heat the pineapple supplement, add orange squash and hot water.

Apple and blackcurrant

Heat apple supplement, add blackcurrant cordial to taste and hot water.

Apple and cinnamon

Heat apple supplement, mix in ground cinnamon and hot water.



Notes and recipes

Contact the Community Nutrition Service (CNS)

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Text: 07943 091958 **Email:** kcht.cct@nhs.net

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