



Moving on from supplements

A patient's guide

You may have been taking a nutritional supplement to boost your energy and/or protein intake. This may be because you have been finding it difficult to meet your daily needs for these nutrients through your normal diet.

The following diet sheet contains ideas for foods you can add to your diet instead of taking a supplement.

Benefits of using food to enrich your diet as an alternative to supplements

- You can experience a greater range of tastes and textures
- · You don't have to change your normal diet too much
- You can choose from a wider range of foods
- · You may have grown tired of the taste of your supplement
- · Enriching your food may be less expensive than taking a supplement

The following table contains ideas for food recipes that you can add to your normal diet, as an alternative to the supplement that you have been taking. Make sure that you have these foods in

	Supplement	Food First Alternative
a	addition to what you are already eating.	
	alternative to the supplement that you have been taking. Make sure that you have these loods in	

Powdered supplements

Aymes Shake

384-389 kcal and 15.6-16g Protein

Foodlink

383kcal and 19g protein

Complan Shake

380 kcal and 15.5g protein







Vanilla Yogurt Shake

200ml full fat milk

100g full fat vanilla flavoured yogurt

1 tablespoon of cream

1 tablespoon of dried skimmed milk powder 400 kcal, 15g protein

Ice cream smoothie

250ml whole milk 80g (1 large scoop) ice cream (e.g. strawberry flavour) 3 tsp dried milk powder 330 kcal and 14g protein

Hot chocolate smoothie

1 tsp drinking chocolate powder 200ml whole milk 60g (1 scoop) vanilla ice cream 4 tsp dried milk powder 330 kcal and 14g protein

TOP TIPS:

- Change the flavour of the yogurt/ Ice cream or add your favourite milkshake powder for different flavours
- For an extra shot of protein add 1 tablespoon of dried milk powder



Ready Made Milk based

Aymes Complete

300kcal and 12g protein

Ensure Plus

300kcal and 12.5g protein





Weetabix on the go

207kcal and 8.5g protein

Crackers with Humus

3 x crackers 50g Humus 360kcal and 7g protein

Cheese and Biscuits

3x digestive biscuits 30g cheddar cheese 300kcal and 10g protein

Fortified Rice Pudding

200g full fat rice pudding 2 tablespoons of dried milk powder 1 tablespoon of cream 300kcal, 13g Protein

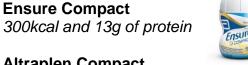
Juice Based Ensure Plus Juce 330 kcal and 10.6g protein



Chia Seed Fruit Pudding

2 tablespoons of chia seeds 100ml fruit juice of your choice 100g soya yogurt (mix together and leave overnight) 300kcal, 10g Protein

Compact Supplements (125ml)





Banana Smoothie

125ml full fat cream 1 scoop of ice-cream 1 banana 300kcal, 5g protein

Altraplen Compact 300kcals and 12g protein



Soup Based Supplements

Meritine Soup

200kcal and 7g protein

Aymes Savoury

247-251kCal and 9.2g Protein





Fortified Cuppa Soup

1 sachet cuppa soup 3 tablespoons of dried milk powder 200kcal and 11.5g protein

Cheesy cream of tomato soup

300g (small tin) cream of tomato soup 40g grated cheddar cheese 1 tsp dried milk powder 330 kcal and 14g protein

Cream of chicken soup

300g (small tin) cream of tomato soup 15g (1 dsp) double cream 8 tsp dried milk powder 330 kcal and 14g protein

<u>High Protein Supplements</u> Altraplen Protein

300kcals and 20g protein



Chocolate Peanut Butter Shake

200ml shop bought milkshake 2 tablespoons of dried milk powder 1 tablespoon of peanut butter 300kcal, 18g protein

Weetabix on the go Protein

250ml bottle 200kcal, 21g protein

Sardines on Toast

1 slice of seeded bread 1 tin of sardines (in oil for higher calories) 230kcal, 28g protein

<u>Dairy Free Options</u> Aymes Smoothie

[note this is not vegan as vitamin D is from Sheep's wool]

297kcal and 10.7g protein



Fruit Boost Smoothie

100ml fresh fruit juice

100ml lemonade

100ml dairy free ice-cream/ yogurt

1 tablespoon sugar

220 kcal, 4g Protein

TOP TIP:

Double to yogurt/Ice-cream to make it 8g protein per portion

Banana and Peanut Butter Sandwich:

1 slice of seeded bread

1 tablespoon of peanut butter

1 banana

360kcal, 11g protein



Very High Calorie Supplements **Ensure Twocal**



Nourishment 400ml can 400kcal, 20g protein

400kcal and 17g protein

Actagain 480 kcal and 19.2g protein

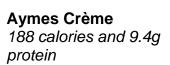
Fibre Supplements Ensure Plus Fibre 310kcal, 13g protein, 5g fibre

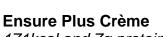


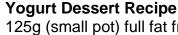
Weetabix on the go 250ml bottle 207kcal, 8.5g protein and 5g protein

Yogurt Dessert Supplement **Nutricrem**

225kcals and 12.5g protein







125g (small pot) full fat fruit yoghurt 60g (1 scoop) vanilla ice cream 6 tsp dried milk powder 1 tsp granulated sugar 330 kcal and 14g protein

171kcal and 7g protein

Patient advice and liaison service (PALS)

If you have a compliment, complaint or concern please contact our PALS team on 020 7288 5551 or whh-tr.whitthealthPALS@nhs.net

If you need a large print, audio or translated copy of this leaflet please contact us on 020 7288 3182. We will try our best to meet your needs.

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