



Nutritional Supplements

A patient's guide

Why do I need nutritional supplements?

- If you have a **poor appetite**, have **recently lost a lot of weight** or are having **difficulty eating and/or drinking** it is important to make sure that you are getting as much energy and protein from your food and drink as possible.
- While you are in hospital, your doctor or dietitian may prescribe you oral nutritional supplements. These are drinks which contain energy and protein and may be called:

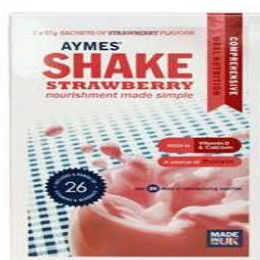
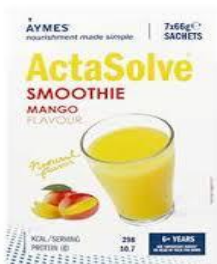
Ensure Plus Juice **Ensure Plus Milkshake** **Ensure Plus Yoghurt Style** **Ensure Compact**



The dietitian will prescribe a drink that considers your medical condition (including any allergies and intolerances) as well as your personal preferences (for example vegetarian diets).

Will I be prescribed nutritional supplements when I go home?

- When you leave hospital, you may be sent home with **1 - 2 weeks supply** of these supplement drinks to help you recover from your recent illness.
- Your hospital dietitian will decide if you need to take supplement drinks for longer and if so, will request your GP to prescribe them and refer you to the community dietitian for support.
- They will ask your GP to continue a prescription until you are seen by the dietitian.
- Your GP may prescribe alternative supplement drinks. These could be **ActaSolve Smoothie**, **Aymes Shake**, or **Foodlink Complete**.
- Inform your GP if you have a food allergy or intolerance or special requirement (for example vegan)



- Once you are feeling better your appetite should improve and you could try homemade nourishing drinks instead.
- The recipe below contains more energy and protein than a prescribed supplement drink, and you may find it tastes better. If you need to be careful of your fluid intake or certain foods due to kidney disease, please discuss this with your dietitian first.

Homemade Milkshake recipe

Ingredients:

- 40ml Double Cream
- 80ml Whole milk
- 4g (1 teaspoon) Sugar
- 80g (1 large scoop) Vanilla Ice Cream
- 25g (1 tablespoon) Skimmed milk powder

Method

- Combine all the ingredients with a whisk or in a blender.
- Milkshake powder/chocolate spread/fruit can be added to vary the flavour if desired.

This 180ml milkshake provides around **400 calories** and **13g protein**.

<https://www.bapen.org.uk/nutrition-support/nutrition-by-mouth/food-first-food-enrichment>



What else can I have?

Other examples of nourishing drinks include:

- Malt drinks, for example, Horlicks
- Hot chocolate made with milk or milk alternatives (for example oat or soya-based milks)
- Smoothies
- Shop bought milkshakes
- Over the counter nutritional supplements such as Complan or Meritene shake
- Fortified milk, see below recipe.

Fortified Milk Recipe

Add 1 tablespoon (15g) of skimmed milk powder to 200ml full fat milk.
This provides a total of **238 calories** and **18g protein** per 200ml glass.

For further information please speak to your Dietitian, Doctor or Nurse.

Nutrition and Dietetic Service, Whittington Hospital, Magdala Avenue London, N19 5NF

Tel: 020 7288 5552 <https://www.whittington.nhs.uk/default.asp?c=3365>

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.PALS@nhs.net

If you need a large print, audio or translated copy of this leaflet please email whh-tr.patient-information@nhs.net. We will try our best to meet your needs.

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