

To order your prescription, please contact the Nutrition support team on 0800 953 9005 (option 2) or elccg.nutrition@nhs.net

If you dislike or are struggling to take your supplements as advised by the Dietitian please get in touch as they will be happy to provide advice or suggest alternatives.

Dietitian: _____

Contact Number: _____

If you require this document in an alternative format or language, please contact: 01254 734059

Polish

W celu otrzymania tego dokumentu w innym formacie lub języku, prosimy o kontakt z

Punjabi

ਜੇ ਤੁਸੀਂ ਇਸ ਦਸਤਾਵੇਜ਼ ਨੂੰ ਕਿਸੇ ਵਿਕਲਪਿਕ ਫਾਰਮੈਟ ਜਾਂ ਭਾਸ਼ਾ ਵਿੱਚ ਲੋੜੀਂਦੇ ਹੋ, ਤਾਂ
ਕਿਰਪਾ ਕਰਕੇ ਸੰਪਰਕ ਕਰੋ

Urdu

اگر آپ کو اس دستاویز کی ایک متبادل شکل (فارمیٹ) یا زبان میں ضرورت ہے تو براہ
مہربانی رابطہ کریں

Bengali

আপনি যদি এই প্রচারপত্রটি অন্য কোন আকারে বা অন্য ভাষায় চান, তাহলে
যোগাযোগ করবেন

Romanian

Dacă aveți nevoie de acest document într-un format sau limbă alter-
nativă, vă rugăm să contactați

Lithuanian

Norint gauti šį dokumentą kitu formatu ar kita kalba, prašome su-
sisiekti su mumis

Author – Department of Nutrition & Dietetics

Revision Date – June 2022

Date of Issue – June 2019

Version – 1

Document ID Number - DIET-001-nutritionalsupplements-2019

Taking Nutritional supplements



Department of Nutrition & Dietetics and East Lancashire
Clinical Commissioning Group Nutrition Support Team

Safe | Personal | Effective

Diet plays a significant part of your treatment so it is important you have as nourishing diet as possible to provide your body with all the energy, protein, vitamins and minerals it needs.

Nutritional supplements contain energy (calories), protein, vitamins and minerals. They are specifically designed for people who may not be able to eat enough food to meet their body's needs.

Remember.....

These products are meant to supplement your own diet so keep eating regular meals and following your Dietitian's advice on food fortification.

These drinks are usually only used short term. The Dietitian will review usage with you when appropriate.

Tips on how to use supplements

- Unopened bottles of drinks and desserts should be stored in a cool, dry place. Once opened store in the fridge and throw away if not used after 24 hours
- If not refrigerated, often supplements must be consumed within 4 hours
- Before opening check the best before date
- Once powder supplements are made up, store in the fridge and throw away if **has not been drunk within** 24 hours
- Most supplements are best served chilled/cold so keep a small supply in the fridge
- Some flavours you may enjoy warmed but be careful not to boil them as this can affect the taste and nutrient content.

Recipes ideas for fruit based supplements

Fruit jellies (serves 2)

- 1 bottle of fruit based supplement (any flavour)
- 1 pack of fruit jelly (same flavour as the supplement)
- 275ml of boiling water.

Method

1. Dissolve jelly in ½ pint boiling water
2. Add fruit based supplement to make up to 1 pint
3. Spoon into bowls and place in fridge until set
4. Serve with cream or ice-cream.

Kiwi cooler (serves 1)

- 1 kiwi fruit peeled and chopped
- 4 tablespoons full-fat Greek yoghurt
- 200ml fruit flavour supplement.

1 Method

1. Blend all ingredients together for 1 minute
2. Serve immediately whilst frothy.

Fruit sparkler (Serves 1)

- 1 bottle of fruit based supplement
- 100ml chilled ginger ale
- Squeeze of lime.

Method

1. Add the supplement drink to the ginger ale and squeeze in a dash of lime to taste
2. Decorate with a slice of fruit.

Scrambled egg (serves 1)

- 100ml (1/2) bottle of neutral supplement
- 2 eggs
- Knob of butter or margarine
- Salt or pepper to taste.

Method

1. Beat together the eggs, supplement drink and seasoning
2. Melt the butter/margarine in pan
3. Add the egg mixture and cook until soft and creamy, stirring occasionally.

Creamy tomato soup (serves 2)

- 1 tin of cream of tomato soup
- 1 bottle of neutral supplement.

Method

1. Heat the tinned soup in a sauce pan and stir well
2. When heated, take off the heat and stir in the neutral supplement
3. Return to the heat and warm gently, without boiling
4. Season to taste with salt and pepper.

Nutritional supplements come in a variety of styles including milkshakes, juice, yoghurts and powders. They are available in a range of sweet and neutral flavours which are very versatile.

Try mixing milk based supplements with ice-cream or freeze both milk and juice based supplements into ice lollies and ice pops.

Neutral flavour drinks can be used to replace milk in foods and drinks.

- Over cereal or porridge
- To make up packet soups
- To make milk puddings, instant whips, blancmanges and rice pudding
- Use a base to make a sauce e.g. cheese sauce
- To add to coffee or hot chocolate powder instead of milk.

Recipes of milk based supplements

Hot chocolate delight (serves 1)

- 1 bottle of chocolate flavour supplement
- 2-3 tablespoons whipped-cream
- 2 teaspoons of instant hot chocolate
- 2 teaspoons milk powder
- A few drops of vanilla essence.

Method

1. Heat the supplement drink in a pan but do **not** boil
2. Mix in instant hot chocolate powder
3. Pour warm drink into a mug and add a few drops of vanilla essence and then top with whipped cream
4. Decorate with pieces of chocolate flake and serve immediately.

Vanilla rice pudding (serves 1)

- 25g of pudding rice
- 1 bottle of vanilla flavour supplement
- Pinch of cinnamon.

Method

1. Preheat oven to 160°C/325°F/Gas Mark 3
2. Lightly grease a 300ml (1/2 pint) individual ovenproof baking dish
3. Place rice into dish. Pour in the vanilla supplement, stir in the ground cinnamon and bake for 1-1 ½ hours or until the rice is tender. Serve with fruit/jam.

Yoghurt supreme (serves 2)

- 1 bottle of milk based supplement – fruit flavour to match yoghurt
- 125g thick and creamy yoghurt.

Method

1. Blend ingredients together and serve immediately with fresh fruit to decorate. Alternatively freeze and serve as an ice-cream.

Strawberry whip (serves 1)

- 1 bottle of strawberry flavour milk based supplement
- 1 packet of instant whip
- 1-2 scoops ice-cream – strawberry or vanilla flavour.

Method

1. Whisk ingredients together in a bowl
2. Place in a fridge until set.

Iced latte (serve 1)

- 2 teaspoons of coffee granules
- 50ml hot water
- 2 teaspoons sugar
- 1 bottle neutral supplement
- 2 tablespoons of milk powder.

Method

1. Mix hot water, coffee, sugar together
2. Add neutral supplement and stir
3. Stir in milk powder
4. Chill until required.