

## Ideas for using Nutritional Supplement drinks

- If you are finding it difficult to eat and drink well you may be prescribed some drinks to help meet your nutritional needs.
- This leaflet will give you information and serving suggestions to try.
- It is important to remember that the prescribed drinks should be taken in addition to the 'Food First Advice for Improving Nutrition' dietary advice you have received already.

### How to take Nutritional Supplement Drinks

- Try to take each one slowly (over 20-30 minutes).
- Once opened, drink within 4 hours (if kept at room temperature) or 24 hours (if in the fridge).
- Throw away unused contents after this time.
- Nutritional supplement drinks should be taken in between meals and not replace meals.

### Serving Suggestions

#### **Powdered Style**

- Make up with whole, full fat or full cream milk and use with cereal, tea, coffee, custard and rice pudding.
- Add original flavour to porridge, soups and sauces.

#### **Milkshake Style Supplement Drinks**

- Chill in the fridge before serving.
- Try adding milk, ice cream or yoghurt, try adding blended fruit. .
- Pour a chocolate or coffee flavour supplement drink into a microwave safe cup and warm in a microwave or in a pan on the hob.
- Warm a neutral flavoured supplement drink and add to your favourite bedtime drink in place of hot water or milk.

#### **Juice Style Supplement Drinks**

- Mix with fruit or squash.
- Mix with lemonade or other fizzy drinks.
- Partially freeze to make a slush puppy style drink or ice lolly.

### Serving Suggestions – Desserts

#### **Milk style supplement drinks**

- Use as a milk substitute to make up instant whip or instant custard.
- Use instead of milk when making sponge puddings.
- Decant into a plastic container and freeze to make ice cream.
- Pour into ice lolly moulds or ice cube trays.

#### **Juice Style Supplement Drinks**

- Mix into instant jelly by substituting some of the water with a juice style supplement drink.
- Mix into instant whip by substituting some of the milk for a juice tasting supplement drink.
- Partially freeze to make sorbet.
- Pour into lolly moulds or ice cube trays to make ice lollies or fruity ice cubes.

### **Please Note:**

Your need for nutritional supplement drinks should be reviewed regularly by your GP or Dietitian. Please keep a record of your weight and inform them of any changes that concern you.