

Food First: Homemade Supplements

This resource aims to enable patients and carers to produce simple yet nutritionally rich supplements for those who need to increase their calorie and protein intake.

Fortified milkshake

Ingredients

180 ml full fat milk
30g skimmed milk powder
20g vitamin enriched milkshake powder
eg Nesquik/ Ovaltine/ Horlicks

Directions

Mix the skimmed milk powder and the milkshake powder together in a large glass. Gradually add the milk, stirring thoroughly. **OR:** add all ingredients to a blender and mix for a few seconds.

Nutritional content

1 portion= 220ml

305 kcal, 17g protein, 44 g carbohydrate, 7.5g fat.

Cost= 40p / portion*



Fortified fruit juice

For those who do not like milk, or who have lactose or milk intolerance

Ingredients

180ml fruit juice
40ml undiluted squash/ cordial – do not use sugar free or diet
10g/ 2x5g sachets of egg white powder

Directions

Mix cordial slowly into egg white then gradually add fruit juice. **Do Not** whisk or use a blender as it will froth up

Flavour combinations:

Cranberry juice and high juice blackcurrant squash, Apple juice and elderflower cordial.

Nutritional content

1 portion= 220ml

Cranberry juice and high juice blackcurrant squash

212 kcal, 8.4g protein 42.4g carbohydrate, 0g fat. 80p/ portion

Apple juice and elderflower cordial

250 kcal and 8.6 g protein, 46.6g carbohydrate 0g fat. £1.04/ portion*



Coconut and date shake

A plant- based fortified shake



Ingredients

60g smooth peanut butter,
5 medjool dates,
200ml coconut milk,
50ml cold water/ a few ice cubes

Directions

Add all ingredients to a blender and mix for up to 1 minute. **Please note**, the dates may not blend thoroughly and small pieces may remain in the finished shake.

Nutritional content

1 portion= 300ml

458 kcal, 15g protein, 32g fat, 38g carbohydrate, £1.54/portion*

Fortified pudding

A smooth textured high protein and calorie pudding



Ingredients

½ packet Angel delight (or similar instant pudding mix),
3 tbsp skimmed milk powder,
75ml double cream,
75 ml whole milk

Directions

Add milk powder to Angel Delight powder, then gradually add milk, then stir in cream. Leave to rest 5 minutes in refrigerator before eating. Will keep up to 24 hours in refrigerator.

Nutritional content

1 portion= approximately 250ml

383 kcal, 11g protein, 36.5g fat, 13g carbohydrate (not including nutritional content of Angel Delight powder)

*All prices based on Sainsbury's ingredient prices, correct as of August 2020.