


Food First - Homemade supplements

Fortified milkshake

Makes 1 portion

These options are almost identical in nutritional value to 1 milkshake type sip feed e.g. Complan Shake®, Aymes Shake®, Ensure Plus® and are the most nutritionally complete option.

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| Ingredients <ul style="list-style-type: none"> • 180ml full fat milk • 30g skimmed milk powder • 20g vitamin fortified milkshake powder (e.g. Nesquik® or Tesco Milkshake Mix) | Directions Mix milk powder and milkshake powder together in a glass. Gradually mix in milk and stir well.  |
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Serve 2 portions per day

| 1 portion = 220ml | 1 portion contains: | 1 portion costs: |
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| Over the counter cost comparison: 1 sachet Complan + 200ml full fat milk (230ml) = £0.87 | <ul style="list-style-type: none"> • 305 calories (kcal) • 17g protein • 44g carbohydrate • 7.5g fat | £0.26 |

Fortified fruit juice

Makes 1 portion

These offer similar nutritional value to juice style sip feeds e.g. Resource fruit, Ensure Plus Juce®, Fresubin Jucy® Drink, Fortijuce® and are suitable for those who do not like milky drinks.

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| Ingredients <ul style="list-style-type: none"> • 180ml fruit juice (<i>flavour ideas below</i>) • 40ml undiluted high juice squash or cordial (not sugar free/ diet/ no added sugar) • 10g (2 x 5g sachets) egg white powder* | Directions Mix undiluted cordial or squash into egg white powder (do not whisk). Gradually mix in fruit juice.  |
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Serve 2 portions per day

*this can be found in the home-baking section of most supermarkets or larger, better value packs can be purchased online


| 1 portion = 220ml | 1 portion contains: | 1 portion costs: |
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| Try: <ul style="list-style-type: none"> • high juice blackcurrant squash + cranberry juice | <ul style="list-style-type: none"> • 212 calories (kcal) • 8.4g protein • 42.4g carbohydrate • 0g fat | £0.80 |
| <ul style="list-style-type: none"> • high juice orange squash + pineapple juice | <ul style="list-style-type: none"> • 205 calories (kcal) • 8.4g protein • 38g carbohydrate • 0g fat | £0.74 |
| <ul style="list-style-type: none"> • elderflower cordial (e.g. <i>Belvoir</i> or <i>Bottlegreen</i>) + apple juice | <ul style="list-style-type: none"> • 238/250 calories (kcal) • 8.6g protein • 46.6/52g carbohydrate • 0g fat | £0.88/ £0.93 |
| <ul style="list-style-type: none"> • high juice cranberry squash + orange juice | <ul style="list-style-type: none"> • 182 calories (kcal) • 9.4g protein • 34.2g carbohydrate • 0g fat | £0.76 |

Fortified lemon cream

Makes 3 portions

The lemon or chocolate caramel creams are suitable for those with very small appetites who would not manage 2 x 220ml supplements per day. These have an identical nutritional profile to 120ml (3 x 40ml) ProCal Shot®/ Calogen®/Calogen Extra® [1 portion needed per day]


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| Ingredients <ul style="list-style-type: none"> • 300ml double cream • 70g caster sugar • Juice of 1 – 1½ lemons • 30g skimmed milk powder | Directions Put cream and milk powder in a small saucepan. Gently heat until milk powder has dissolved. Add sugar. Bring to the boil and boil for 3 minutes. Thoroughly mix in lemon juice to taste. Pour into 3 small dessert bowls and chill. Serve 1 portion per day only Will keep (covered) in fridge for 3 days. |
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| 1 portion = 100ml  | 1 portion contains: <ul style="list-style-type: none"> • 618 calories (kcal) • 5g protein • 31.6g carbohydrate • 53g fat | 1 portion costs: £0.46 – 0.53 |
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Fortified chocolate caramel cream

Makes 3 portions

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| Ingredients <ul style="list-style-type: none"> • 150ml double cream • 30g skimmed milk powder • 30ml full fat milk • 2 x standard size (approx. 50g) Mars Bars or similar nougat- caramel chocolate bars | Directions Put cream, milk and milk powder in a small saucepan. Gently heat until milk powder has dissolved. Add finely chopped Mars Bars. Heat gently, stirring all the time, until Mars Bars have completely melted. Pour into 3 small dessert bowls and chill. Serve 1 portion per day only Will keep (covered) in fridge for 3 days. |
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| 1 portion = 80ml  | 1 portion contains: <ul style="list-style-type: none"> • 440 calories (kcal) • 6g protein • 30.1g carbohydrate • 32.8g fat | 1 portion costs: £0.58 |
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All costs calculated from major super market prices on 20/10/15. For food allergen information please refer to the manufacturer's label on each individual ingredient.