

### Home made Nutritional Supplements

(For clients with MUST score of 2 or above, in addition to 'Making The Most of What You Eat' leaflet)

Having high calorie, nourishing drinks is a good way to increase your nutritional intake.

It is important that you have these in addition to regular meal and snacks, and fortifying your foods. Ask your Doctor or Nurse for the information sheet 'Making the Most of What you Eat' for more information on this.

### Aim to have 2 of the following per day.

#### Home-made high calorie milkshake

These can be more nourishing and much cheaper than commercially-prepared supplement drinks.

#### Ingredients:

- 200ml full cream milk
- 2 tablespoons (30g) skimmed milk powder
- 4 teaspoons milkshake powder (choose one with added vitamins and minerals such as Nesquick or a supermarket own brand)

#### Method:

- Blend the skimmed milk powder and milkshake powder together with a little milk.
- Gradually add the remaining milk and serve.

Provides 300 Calories and 17g protein

Costs approximately 25-35p per portion

(cost is cheaper when using larger pack sizes, 'value' or 'basics' products and supermarket own brands- these have the same nutritional value as branded products)



You can vary the flavour and add extra calories by adding a scoop of ice cream, or whisking in a pot of thick and creamy yogurt

You can also buy commercially-prepared supplement drinks and soups in supermarkets and chemists. Brands to look out for include:

- Complan
- Nurishment
- Meritene (formerly known as Build Up)

If you choose a powdered drink, make it up with full fat milk to boost the nutritional content.