Nutritional products

Availability of nutritional drinks, powders and puddings

A guide for patients and carers

We care, we discover, we teach
Introduction

There are now many special nutritional products available to help when eating, or maintaining your weight, is difficult. With so much choice it can be hard to decide what is right for you. This booklet has been designed by The Christie dietitians to show you:

■ what nutritional products are available
■ which products are the most suitable for you
■ how these products can be used.

Who is this booklet for?

This booklet is for teenagers and adults who find it a struggle to eat ordinary foods and...

■ are worried about not eating properly, for example, because of swallowing difficulties, loss of appetite, sore mouth or diarrhoea
■ have already lost weight because of their illness and are worried about further weight loss
■ are losing weight as a result of treatment.

Remember, these products are meant to supplement your diet and not replace all the food you normally eat. It is best to try to keep eating some ordinary foods alongside these products, if possible. You will find useful advice and ideas for high protein and high calorie foods and snacks in The Christie booklet “Eating Help Yourself”.

If you are following a special diet, such as a low fibre or liquidised diet, you can also refer to other Christie booklets “Eating well when following a low fibre diet” and “Advice about soft and liquidised foods”.

Company | Tel No | Website
---|---|---
Abbott | 0800 252 882 | www.abbottnutritionuk.co.uk
Fresenius Kabi | 01928 533 516 | www.fresenius-kabi.co.uk
Nestlé | 0800 6378 5385 | www.nestlehealthscience.co.uk
Complan | 0845 6003 170 | www.complanfoods.com
Nutricia | 08457 623 653 | www.nutricia.co.uk
Vitaflor | 0151 709 9020 | www.vitaflor.co.uk
Aymes | 0845 680 5496 | www.aymes.com
Nualtra | 00353 615 18413 | www.nualtra.co.uk

Christie Website

www.christie.nhs.uk

Many of The Christie booklets are available on The Christie website, the address is above. You can also access other patient information sites in the UK such as Macmillan Cancer Support and Cancerhelp UK via The Christie website.

© 2015 The Christie NHS Foundation Trust. This document may be copied for use within the NHS only on the condition that The Christie NHS Foundation Trust is acknowledged as the creator.
Introduction

There are now many special nutritional products available to help when eating, or maintaining your weight, is difficult. With so much choice it can be hard to decide what is right for you. This booklet has been designed by The Christie dietitians to show you:

- what nutritional products are available
- which products are the most suitable for you
- how these products can be used.

Who is this booklet for?

This booklet is for teenagers and adults who find it a struggle to eat ordinary foods and…

- are worried about not eating properly, for example, because of swallowing difficulties, loss of appetite, sore mouth or diarrhoea
- have already lost weight because of their illness and are worried about further weight loss
- are losing weight as a result of treatment.

Remember, these products are meant to supplement your diet and not replace all the food you normally eat. It is best to try to keep eating some ordinary foods alongside these products, if possible. You will find useful advice and ideas for high protein and high calorie foods and snacks in The Christie booklet "Eating Help Yourself".

If you are following a special diet, such as a low fibre or liquidised diet, you can also refer to other Christie booklets "Eating well when following a low fibre diet" and "Advice about soft and liquidised foods".
If you are an inpatient
You can discuss taking nutritional products with the ward staff. Some of these products are available on the wards to try. If you need further advice, ask the ward staff to refer you to a dietitian.

If you are an outpatient
You can discuss taking nutritional products with your specialist nurse or doctor. For further advice ask your GP to refer you to your local dietitian.

If you are already under the care of a dietitian they will be able to recommend the most suitable nutritional products for you.

What do you need to know?
There is a wide range of products available in sweet or savoury flavours. Some have a neutral taste and can be added to other foods.

Some products are not suitable for people on special diets. For example, some may be unsuitable for people with diabetes or renal failure. Other supplements contain gelatine, so may not be acceptable for people following a Kosher or strict vegetarian diet. The majority of nutritional products are not suitable for strict vegetarians or vegans. Please refer to the nutritional company website, or ask your doctor or dietitian for further information.

There are recipe ideas for using supplements at the end of this booklet.

New products and flavours are made available all the time. Ask your GP or dietitian.

If you have a food allergy, check the company website for up-to-date food allergen information on the products. Companies may change the ingredients, flavours or names of their products before this booklet is reviewed. Please check with individual companies for further information (see contact details at the front of this booklet).
What is available?
This booklet describes the different sorts of nutritional products that are available, and gives some recipe suggestions as to how you can use them. Nutritional products come in three groups:

- Nutritional drinks, for example, milk-style, juice-style, soups
- Specialised supplements, for example, concentrated liquids or powders
- Nourishing puddings.

Nutritional drinks
The following pages list the names of the drinks that you can either buy (without a prescription), or be prescribed (at your GP’s discretion). The drinks are best sipped slowly between your meals.

Try different sorts to find which ones you enjoy. They can be served hot or cold, and can be adapted to suit your taste by adding ice-cream, fresh fruit or other flavourings. Use them to make sweet or savoury dishes. Neutral drinks can be taken as they are, or flavoured with soup mix or milk shake syrups. You can also freeze them into ice-lollies or ice-cream. See recipes section at the back of this booklet for ideas.

**Nutritional drinks you can buy**
These drinks can be bought in many pharmacies and supermarkets. Some are in a powdered form and should be made up as directed on the packet.

- **Meritene Energis Shake** *(previously known as Build Up Shake)*: chocolate, strawberry, vanilla.
- **Meritene Energis Soup** *(previously known as Build Up Soup)*: chicken, vegetable.
- **Complan**: original, strawberry, vanilla, chocolate or banana.
- **Complan Milkshake**: strawberry, chocolate.
- **Complan Smoothie**: juicy berry, tropical.
- **Complan Savoury**: chicken.
Nutritional drinks on prescription

Your hospital doctor, dietitian or GP will assess whether you need nutritional drinks on prescription, and they will advise you on the quantities to take. Ask your doctor, dietitian or pharmacist about the flavours available. Some companies may also have starter packs available.

High Energy Content (milkshake style):
These are bottled milk-based drinks and come in a wide variety of flavours.

<table>
<thead>
<tr>
<th>Name (company)</th>
<th>Flavours</th>
</tr>
</thead>
<tbody>
<tr>
<td>Resource Energy (Nestlé)</td>
<td>Apricot, chocolate, strawberry, raspberry, banana, coffee, vanilla</td>
</tr>
<tr>
<td>Ensure Plus (Abbott)</td>
<td>Banana, chocolate, coffee, fruits of the forest, neutral, orange, peach, raspberry, strawberry, vanilla</td>
</tr>
<tr>
<td>Ensure Compact (Abbott)</td>
<td>Banana, strawberry, vanilla</td>
</tr>
<tr>
<td>Ensure Plus Advance (Abbott)</td>
<td>Banana, chocolate, vanilla</td>
</tr>
<tr>
<td>Fortisip Compact (Nutricia)</td>
<td>Vanilla, strawberry, banana, mocha, apricot, forest fruit, chocolate, neutral</td>
</tr>
<tr>
<td>Fortisip Bottle (Nutricia)</td>
<td>Tropical, neutral, vanilla, chocolate, caramel, banana, orange, strawberry</td>
</tr>
<tr>
<td>Fresubin Energy (Fresenius Kabi)</td>
<td>Chocolate, neutral, tropical fruits, vanilla, banana, strawberry, cappuccino, lemon, blackcurrant</td>
</tr>
<tr>
<td>Fresubin 2Kcal (Fresenius Kabi)</td>
<td>Vanilla, fruits of the forest, apricot-peach, cappuccino, neutral, toffee</td>
</tr>
<tr>
<td>Nutriplen (Nualtra)</td>
<td>Vanilla, strawberry, banana, hazel chocolate</td>
</tr>
<tr>
<td>Aymes Complete (Aymes)</td>
<td>Banana, chocolate, strawberry, vanilla</td>
</tr>
</tbody>
</table>
Nutritional drinks on prescription

Your hospital doctor, dietitian or GP will assess whether you need nutritional drinks on prescription, and they will advise you on the quantities to take.

Ask your doctor, dietitian or pharmacist about the flavours available. Some companies may also have starter packs available.

### High Energy Content (milkshake style):

<table>
<thead>
<tr>
<th>Name (company)</th>
<th>Flavours</th>
</tr>
</thead>
<tbody>
<tr>
<td>Resource Energy (Nestlé)</td>
<td>Apricot, chocolate, raspberry, strawberry, vanilla</td>
</tr>
<tr>
<td>Ensure Plus (Abbott)</td>
<td>Banana, chocolate, raspberry, strawberry, vanilla</td>
</tr>
<tr>
<td>Ensure Compact (Abbott)</td>
<td>Banana, strawberry, vanilla</td>
</tr>
<tr>
<td>Ensure Plus Advance (Abbott)</td>
<td>Banana, chocolate, vanilla</td>
</tr>
<tr>
<td>Fortisip Compact (Nutricia)</td>
<td>Vanilla, strawberry, mocha</td>
</tr>
<tr>
<td>Fortisip Multi-fibre (Nutricia)</td>
<td>Vanilla</td>
</tr>
<tr>
<td>Fresubin Energy Fibre (Fresenius Kabi)</td>
<td>Chocolate, vanilla, strawberry, banana, caramel, cherry</td>
</tr>
<tr>
<td>Fresubin 2Kcal Fibre (Fresenius Kabi)</td>
<td>Chocolate, lemon, cappuccino, vanilla, neutral, toffee</td>
</tr>
<tr>
<td>Resource 2.0 Fibre (Nestlé)</td>
<td>Coffee, strawberry, apricot, vanilla, neutral, summer fruits</td>
</tr>
</tbody>
</table>

### High Energy content with fibre (milkshake style):

These are not suitable if you are following a low fibre diet.

<table>
<thead>
<tr>
<th>Name (company)</th>
<th>Flavours</th>
</tr>
</thead>
<tbody>
<tr>
<td>Ensure Plus Fibre (Abbott)</td>
<td>Banana, chocolate, raspberry, strawberry, vanilla</td>
</tr>
<tr>
<td>Ensure TwoCal (Abbott)</td>
<td>Banana, neutral, strawberry, vanilla</td>
</tr>
<tr>
<td>Fortisip Multi-fibre (Nutricia)</td>
<td>Vanilla</td>
</tr>
<tr>
<td>Fortisip Compact Fibre (Nutricia)</td>
<td>Vanilla, strawberry, mocha</td>
</tr>
<tr>
<td>Fresubin Energy Fibre (Fresenius Kabi)</td>
<td>Chocolate, vanilla, strawberry, banana, caramel, cherry</td>
</tr>
<tr>
<td>Fresubin 2Kcal Fibre (Fresenius Kabi)</td>
<td>Chocolate, lemon, cappuccino, vanilla, neutral, toffee</td>
</tr>
<tr>
<td>Resource 2.0 Fibre (Nestlé)</td>
<td>Coffee, strawberry, apricot, vanilla, neutral, summer fruits</td>
</tr>
</tbody>
</table>

### High energy content – yoghurt style:

<table>
<thead>
<tr>
<th>Name (company)</th>
<th>Flavours</th>
</tr>
</thead>
<tbody>
<tr>
<td>Ensure Plus Yoghurt Style (Abbott)</td>
<td>Orchard peach, strawberry swirl</td>
</tr>
<tr>
<td>Fortisip Yoghurt Style (Nutricia)</td>
<td>Raspberry, peach &amp; orange, vanilla &amp; lemon</td>
</tr>
</tbody>
</table>

### Juice style drinks:

These drinks may not be suitable for people with diabetes. Discuss with your dietitian or pharmacist

<table>
<thead>
<tr>
<th>Name (company)</th>
<th>Flavours</th>
</tr>
</thead>
<tbody>
<tr>
<td>Resource Fruit (Nestlé)</td>
<td>Raspberry-blackcurrant, apple, orange, pear-cherry</td>
</tr>
<tr>
<td>Ensure Plus Juice (Abbott)</td>
<td>Apple, fruit punch, lemon &amp; lime, orange, peach, strawberry</td>
</tr>
<tr>
<td>Fortijuce (Nutricia)</td>
<td>Lemon, apple, orange, blackcurrant, strawberry, tropical, forest fruit</td>
</tr>
<tr>
<td>Fresubin Jucy (Fresenius Kabi)</td>
<td>Apple, orange, cherry, pineapple, blackcurrant</td>
</tr>
</tbody>
</table>
**Powdered energy drinks:**
They can be easily mixed into yoghurts, rice pudding or jelly to increase the protein and calorie content. Neutral flavours can be used to fortify savoury foods such as soups, porridge or sauces.

<table>
<thead>
<tr>
<th>Name (company)</th>
<th>Flavours</th>
</tr>
</thead>
<tbody>
<tr>
<td>Calshake (Fresenius Kabi)</td>
<td>Banana, chocolate, neutral, strawberry, vanilla</td>
</tr>
<tr>
<td>Fresubin Powder Extra (Fresenius Kabi)</td>
<td>Chocolate, neutral, strawberry, vanilla</td>
</tr>
<tr>
<td>Enshake (Abbott)</td>
<td>Banana, chocolate, strawberry, vanilla</td>
</tr>
<tr>
<td>Ensure Shake (Abbott)</td>
<td>Banana, chocolate, strawberry, vanilla</td>
</tr>
<tr>
<td>Scandishake Mix (Nutricia)</td>
<td>Banana, caramel, chocolate, strawberry, vanilla, unflavoured</td>
</tr>
<tr>
<td>Complan Shake (Nutricia)</td>
<td>Banana, chocolate, strawberry, original, vanilla</td>
</tr>
<tr>
<td>Aymes Shake (Aymes)</td>
<td>Banana, chocolate, strawberry, vanilla, neutral</td>
</tr>
</tbody>
</table>

**Savoury supplement:**

<table>
<thead>
<tr>
<th>Name (company)</th>
<th>Flavours</th>
</tr>
</thead>
<tbody>
<tr>
<td>Vitasavoury (Vitafl)</td>
<td>Chicken, golden vegetable, leek &amp; potato, mushroom</td>
</tr>
<tr>
<td>Ensure Plus Savoury (Abbott)</td>
<td>Chicken</td>
</tr>
</tbody>
</table>
**Higher Protein content:**

<table>
<thead>
<tr>
<th>Name (company)</th>
<th>Flavours</th>
</tr>
</thead>
<tbody>
<tr>
<td>Fortisip Compact Protein (Nutricia)</td>
<td>Banana, mocha, strawberry, vanilla, peach-mango</td>
</tr>
<tr>
<td>Fortisip Extra (Nutricia)</td>
<td>Chocolate, forest fruit, mocha, strawberry, vanilla</td>
</tr>
<tr>
<td>Fresubin Protein Energy Drink (Fresenius Kabi)</td>
<td>Cappuccino, chocolate, vanilla, wild strawberry, tropical fruits</td>
</tr>
<tr>
<td>Nutriplen Protein (Nualtra)</td>
<td>Strawberry, vanilla</td>
</tr>
</tbody>
</table>

**Specialised supplements**

You should only use these energy and protein supplements with the advice of a registered dietitian. They are concentrated sources of energy and / or protein and may be available on prescription from your GP. Ask your dietitian or refer to the company website for ideas and recipes. Please note: these are not complete sources of nutrition.

**Powdered supplements**

Directions for use are given on the packets. These products should be taken under dietetic or medical supervision.

- **Energy:** Maxijul (Nutricia), Caloreen (Nestlé), Polycal (Nutricia), Vitajoule (Vitaflo)
  
  These can be added to any liquid or moist food such as porridge, yoghurt, soup or tea, to increase the calorie content. They dissolve easily and are tasteless.

- **Protein:** Protifar (Nutricia), Procal Powder (Vitaflo)
  
  To be taken under dietetic or medical supervision
  
  These can be added to liquid foods as above, to increase the protein content.
Liquid supplements

- Polycal (Nutricia), Super Soluble Maxijul liquid (Nutricia), Calogen (Nutricia), Calogen Extra (Nutricia), Procal Shot (Vitaflo), MCT Procal (Vitaflo), Fresubin 5kcal shot (Fresenius Kabi)

These are energy supplements which come as a flavoured liquid. They can be taken neat, mixed into drinks or added to food.

Nourishing puddings

These are dessert style supplements which are available in a variety of style and flavours. These can be useful if you have any swallowing difficulties and struggle with thickened fluids.

- Forticreme Complete (Nutricia): vanilla, chocolate, banana, forest fruits.
- Nutilis Fruit Stage 3 (Nutricia): apple, strawberry.
- Fresubin Crème (Fresenius Kabi): vanilla, cappuccino, praline, chocolate, wild strawberry.
- Fresubin Yocreme (Fresenius Kabi): neutral, lemon, raspberry, biscuit, apricot-peach.
- Nutricrem (Nualtra): Chocolate orange, strawberry, vanilla.

For information regarding Kosher or Halal approval of the products please contact the individual company (see contact details at front of this booklet).
Recipes

Savoury

**FORTIFIED SOUP**
- 3 tablespoons original Complan or unflavoured Scandishake
- 1 packet instant soup mix or Meritene Energis Soup (*previously known as Build Up Soup*): chicken, vegetable
- 200ml whole milk

Mix the soup mix and Complan or Scandishake. Add a little cold milk to form a paste. Add remaining hot milk. Serve at once.

**FORTIFIED SAUCE** (*e.g. cheese sauce, béchamel sauce etc*)
Stir one sachet of neutral Aymes Shake, original Complan or unflavoured Scandishake into any ready made sauce and heat or cook as normal.

Or mix together one sachet of neutral Aymes Shake, Complan or unflavoured Scandishake with a single serving of powdered sauce and prepare as per packet instructions.

**Sweet Pudding**

**DESSERT PLUS**
- 1 bottle of milk supplement drink (*see page 4 and 5*)
- 1 packet instant pudding mix, for example, Angel Delight, instant whip or supermarket’s own brand
- 6 tablespoons Meritene Energis Shake or Complan

Mix the high energy powder and the pudding mix together. Add a little milk to make a paste. Add the nourishing drink and whisk well. Leave to set.

This can also be frozen to make ice-cream or ice lollies.

**ICE-CREAM**
- 50ml double cream
- 1 bottle of milk supplement drink (*see page 4 and 5*)

Stir supplement drink into whipped cream and place in freezer to set.
CUSTARD
• 20g custard powder
• 1 sachet vanilla Scandishake, Enshake or Calshake
• ½ pint (300ml) whole milk

Mix custard powder and powdered supplement with a small amount of cold milk to form a paste. Pour the remaining milk into a saucepan and heat gently. Mix the heated milk with the custard mix and stir well. Return to saucepan and heat gently while stirring.

MILK PUDDING
• 2 bottles of vanilla flavoured milk supplement drink (see page 4 and 5)
• 1½ oz or 40g pudding rice
• 1½ oz or 40g sugar
• Knob of butter

Mix ingredients together and pour into an oven proof bowl. Bake at 180C (350F) Gas 4 for 20 minutes. Then turn down and continue to bake at 150C (300F) for 1½ hours.

JUICY JELLY
• 1 packet jelly
• 1 bottle of juice style supplement drink (see page 5)

Make up the jelly as directed but replace 200ml of cold water with the supplement drink.

Breakfast

BREAKFAST BOOST (not suitable for low fibre diet)
• 1 bottle milk supplement drink (see page 4 and 5)
• 50g porridge oats
• 100ml water or whole milk

Place porridge oats and water/milk in saucepan and cook as per instructions on packet. Slowly add supplement drink until desired consistency is reached.
POWDER OATS (not suitable for low fibre diet)
• 3 tablespoons porridge oats or instant oat cereal
• ½ pint (300ml) whole milk
• 3 tablespoons dried skimmed milk powder, original Complan or unflavoured Calshake
• Sugar, salt or honey to taste

Mix oats with milk and powdered supplement. Bring to boil stirring continuously, then simmer for 5 mins and serve. Add sugar, salt or honey to taste. Add more milk to thin the consistency, if required.

Drinks

SUPER SHAKE
• 1 sachet Scandishake, Calshake or Enshake
• 200ml whole milk
• 6 teaspoons Super Soluble Maxijul, Procal powder or Caloreen
• 1 scoop ice-cream

Mix ingredients together using a liquidiser or whisk and serve chilled.

STRAWBERRY DELIGHT
• 1 bottle of strawberry flavoured milk supplement drink (see page 4 and 5)
• 4 strawberries or small can of strawberries (juice optional)
• 1 scoop of vanilla ice cream

Pour ingredients into a liquidiser and liquidise until smooth. Serve chilled.

BANANA DREAM
• 1 bottle neutral or banana flavoured milk supplement drink (see page 4 and 5)
• ½ – 1 banana peeled
• 1 scoop of vanilla ice cream

Pour the supplement into the liquidizer. Add the banana, broken into pieces. Add the ice cream and liquidize until smooth.
SUPER SOOTHER

- 200ml whole milk
- 1 tablespoon dried skimmed milk powder, original Complan or unflavoured Scandishake
- 2 tablespoons Ovaltine, Horlicks or drinking chocolate
- Sugar to taste

Mix the milk powder, Complan or Scandishake with a little cold milk to form a paste. Heat the remaining milk in a saucepan. Add flavouring, sugar and hot milk to taste. Top with a marshmallow float or chocolate flake and cream.

FIZZ

- 1 bottle of juice style supplement drink (see page 5)
- 100ml lemonade or sparkling water

Mix ingredients in a glass and serve chilled.

APPLE N BLACK

- 1 bottle of apple flavoured juice style supplement drink (see page 5)
- 100ml diluted blackcurrant juice

Mix ingredients in a glass and serve with ice or heat gently and serve as a warm drink.

Names, flavours and availability of the nutritional products in this diet sheet may be subject to change. Please check with the companies for further information.

A selection of recipes has been chosen using different products. Further recipes can be obtained from the company who make the supplement prescribed by your doctor.
SUPER SOOTHER

• 200ml whole milk
• 1 tablespoon dried skimmed milk powder, original Complan or unflavoured Scandishake
• 2 tablespoons Ovaltine, Horlicks or drinking chocolate
• Sugar to taste

Mix the milk powder, Complan or Scandishake with a little cold milk to form a paste. Heat the remaining milk in a saucepan. Add flavouring, sugar and hot milk to taste. Top with a marshmallow float or chocolate flake and cream.

FIZZ

• 1 bottle of juice style supplement drink (see page 5)
• 100ml lemonade or sparkling water

Mix ingredients in a glass and serve chilled.

APPLE N BLACK

• 1 bottle of apple flavoured juice style supplement drink (see page 5)
• 100ml diluted blackcurrant juice

Mix ingredients in a glass and serve with ice or heat gently and serve as a warm drink.

Names, flavours and availability of the nutritional products in this diet sheet may be subject to change. Please check with the companies for further information.

A selection of recipes has been chosen using different products. Further recipes can be obtained from the company who make the supplement prescribed by your doctor.

Christie booklets

Further information booklets include:


■ Advice about soft and liquidised foods: For people who can only manage a soft or liquid diet because of swallowing difficulties. Offers practical suggestions, recipes and nutritional information.

■ Eating well for breast cancer: Advice on diet for people having treatment for breast cancer who are worried about weight gain – how to cope with feelings of hunger and weight.

■ Eating well when following a low fibre diet: Your doctor may suggest that you need to follow a low fibre diet due to your disease or treatment side effects.

These booklets are free to patients attending The Christie. If you would like a copy of any booklets, please ask the ward staff. If you are an outpatient please ask your clinic nurse or visit the cancer information centre.

For the visually impaired: large print versions of the booklets are available. Please contact Patient Information on 0161 446 3576 or you can download these from The Christie website at www.christie.nhs.uk
Visit the Cancer Information Centre:
The Christie at Withington Tel: 0161 446 8100
The Christie at Oldham Tel: 0161 918 7745
The Christie at Salford Tel: 0161 918 7804
Open Monday to Friday, 10am to 4pm.
Opening times can vary, please ring to check before making a special journey.

The Christie NHS Foundation Trust,
Wilmslow Road, Manchester,
M20 4BX, United Kingdom

T. 0161 446 3000
F. 0161 446 3977
Web: www.christie.nhs.uk

The Christie Patient Information Service
November 2015 - Review November 2018