



Nutritional products – availability of nutritional drinks, powders and puddings

A guide for patients and their carers



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Christie website

For more information about The Christie and our services, please visit **www.christie.nhs.uk** or visit the cancer information centres at Withington, Oldham, Salford or Macclesfield.

Introduction

Please note that this booklet is NOT suitable for people who have been advised to have texture modified diet or liquids from speech and language therapy. If you require supplement drinks, please check with your dietitian or speech and language therapist which products are suitable for you.

Many special nutritional products are available if eating or maintaining your weight is difficult. Lots of choice means 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 are struggling to eat ordinary foods and who:

- are worried about not eating enough, 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, which can cause an increased risk of infections, delay wound healing or increase the length of your hospital stay

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 easy to eat diet, you can also refer to other Christie booklets (see page 19).

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. Some supplements may contain gelatine, so may not be acceptable for people following a Kosher, Halal or strict vegetarian diet. The majority of nutritional products are not suitable for vegans, and some are not suitable for strict vegetarians. 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, intolerance, or follow a Kosher or Halal diet, check the company website for up-to-date 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 back of this booklet).

What is available?

This booklet describes the different nutritional products available, and provides recipe suggestions for how to use them. Nutritional products come in 4 groups:

- nutritional drinks you can buy commercially
- nutritional drinks available on prescription, for example; milkshake-style, juice-style, soups
- nourishing puddings /dessert style supplements
- specialist/modular supplements, for example, concentrated liquids or powders

Nutritional drinks

The following pages list the types of supplements available to purchase or obtain from a GP prescription (at your GP/ dietitian'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 blended into soups or milkshakes. 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. If you are adding milk to powdered supplements, using whole milk will provide the most calories.

- **Meritene Strength and Vitality Shakes:** chocolate, strawberry, vanilla
- **Meritene Strength and Vitality Soups:** chicken, vegetable
- **Complan:** original, strawberry, vanilla, banana, chocolate
- **Aymes Retail:** banana, chocolate, strawberry, vanilla

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.

Below are just examples of the brands and some of the flavours available. Flavours are subject to change. Please check company websites or ask your GP for full selection.

High energy content (milkshake style):

These are bottled milk-based drinks and come in a wide variety of flavours.

Name (company)	Flavours
Resource Energy (Nestlé)	Strawberry/raspberry, chocolate, vanilla
Fortisip Bottle (Nutricia)	Vanilla, strawberry, chocolate, banana, neutral
Fresubin 2Kcal (Fresenius Kabi)	Fruits of the forest, apricot-peach, cappuccino, neutral, vanilla, toffee
Altraplen (Nualtra)	Vanilla, banana, chocolate, strawberry
Aymes Complete (Aymes)	Banana, strawberry, vanilla, natural, chocolate

High energy content with fibre (milkshake style):

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

Name (company)	Flavours
Ensure Plus Fibre (Abbott)	Banana, chocolate, raspberry, strawberry, vanilla
Fortisip Compact Fibre (Nutricia)	Vanilla, strawberry, mocha
Fresubin Energy Fibre (Fresenius Kabi)	Vanilla, strawberry, banana, chocolate, caramel, cherry
Fresubin 2Kcal Fibre (Fresenius Kabi)	Lemon, cappuccino, neutral vanilla, cappuccino, apricot-peach
Resource 2.0 Fibre (Nestlé)	Coffee, apricot, vanilla, strawberry

Plant based drinks:

Name (company)	Flavours
Fortisip Plant Based (Nutricia)	Mango-passionfruit, mocha
Aymes Actasolve Smoothie (Aymes)	Mango, peach, pineapple, strawberry & cranberry.

Juice style drinks:

Name (company)	Flavours
Ensure Plus Juce (Abbott)	Apple, lemon & lime, peach
Fortijuce (Nutricia)	Strawberry, apple, orange, tropical
Fresubin Jucy (Fresenius Kabi)	Orange, pineapple, blackcurrant

Compact (low volume) style drinks:

Name (company)	Flavours
Ensure Plus Juce (Abbott)	Vanilla, strawberry, banana, caffe latte
Fortisip compact (Fresenius Kabi)	Banana, strawberry, vanilla, chocolate, neutral, mocha
Fresubin 2Kcal mini (Fresenius Kabi)	Vanilla, apricot/peach, fruits of the forest

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

These are made up with whole milk and taken as milkshakes or can be added into foods

Many supplements are available only by prescription

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.

Name (company)	Flavours
Calshake (Fresenius Kabi)	Banana, neutral, strawberry, chocolate, vanilla
Enshake (Abbott)	Banana, chocolate, vanilla, strawberry
Aymes ActaSolve Smoothie (Aymes)	Pineapple, mango, strawberry and cranberry, peach
Scandishake Mix (Nutricia)	Caramel, chocolate, unflavoured, vanilla, banana, strawberry
Complan Shake (Nutricia)	Chocolate, strawberry, original, vanilla, banana
Foodlink Complete (Nualtra)	Chocolate, strawberry, natural banana, vanilla

Savoury supplement:

Name (company)	Flavours
Vitasavoury (Nestle)	Chicken, golden vegetable
Aymes actasolve savoury (Abbott)	Chicken, vegetable, potato and leek

Higher protein content:

Name (company)	Flavours
Fortisip Compact Protein (Nutricia)	Hot tropical ginger, mocha, neutral
Fresubin pro compact drink (Fresenius Kabi)	Vanilla, peach/apricot, cappuccino
Fresubin Protein Energy Drink (Fresenius Kabi)	Cappuccino, wild strawberry, tropical fruits
Altraplen Protein (Nualtra)	Strawberry, vanilla

Recipes

Savoury

Fortified soup

- 3 tablespoons neutral Calshake, original Complan or unflavoured Scandishake
- 1 packet instant soup mix or Meritene Strength and Vitality Soup: chicken, vegetable
- 200ml whole milk

Mix the soup mix and Complan or Scandishake Mix. 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 1 sachet of neutral Calshake, original Complan or unflavoured Scandishake Mix into any ready made sauce and heat or cook as normal.

Or mix together 1 sachet of neutral Aymes Shake, Complan or unflavoured Scandishake Mix with a single serving of powdered sauce and prepare as per packet instructions.

Mashed potato

Add 1-2 shots of neutral flavour Procal Shot, Fresubin 5kcal shot or Calogen before mashing. Use whole milk when making mashed potato to provide additional calories.

Sweet Pudding

Dessert plus

- 1 bottle of milk supplement drink (see pages 6 and 7)
- 1 packet instant pudding mix, for example, Angel Delight, instant whip or supermarket's own brand
- 6 tablespoons high energy powder eg. Meritene Strength and Vitality Shake or Complian (see page 8)

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 pages 6 and 7)

Stir supplement drink into whipped cream and place in freezer to set. If using a vanilla or neutral flavoured supplement, you can add extra flavourings such as honey, berries, syrup or chocolate pieces.

Custard

- 20g custard powder
- 1 sachet vanilla powdered supplement eg. Scandishake Mix, Enshake or Calshake (see page 8)
- 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 pages 6 and 7)
- 11/2 oz or 40g pudding rice
- 11/2 oz or 40g sugar
- Knob of butter

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

Juicy jelly

- 1 packet jelly
- 1 bottle of juice style supplement drink (see page 7)

Make up the jelly as directed but replace 200ml of cold water with the supplement drink. Serve this with custard for a higher calorie and protein snack.

Mousse

- 1 sachet powdered supplement eg. Aymes Shake, Complan shake or Enshake in preferred flavour (see page 8)
- 1 pot (125g) of creamy full fat yoghurt
- 1 handful chopped fresh fruit e.g. strawberries

Mix supplement powder into yoghurt with a whisk.

Place fresh fruit into a bowl. Pour yoghurt mixture over the bowl and leave to stand for 15 minutes. Serve cold.

Breakfast

Breakfast boost (not suitable for low fibre diet)

- 1 bottle milk supplement drink (see pages 6 and 7)
- 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. You may like to add extra flavourings such as syrup, honey, nut butter, double cream or chocolate to provide additional calories.

Power 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 neutral 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.

Other breakfast ideas:

- Add 1-2 shots of Procal shot, Polycal or Calogen Extra when preparing granola, cereal or scrambled eggs.

Drinks

Super shake

- 1 sachet Scandishake Mix, Calshake or Enshake
- 200ml whole milk
- 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 pages 6 and 7)
- 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 pages 6 and 7)
- ½ – 1 banana peeled
- 1 scoop of vanilla ice cream

Pour the supplement into the liquidiser. Add the banana, broken into pieces. Add the ice cream and liquidise until smooth.

Fortified plant based milk

- 2 scoops protein powder (soya/pea/rice etc.)
- 1 pint (600ml) plant based milk

Whisk the powder into the milk until dissolved.

Hot chocolate

- 200ml whole milk
- 1 tbsp drinking chocolate, plus extra to serve
- 1 tbsp whipped cream
- Mini marshmallows (optional)

Add drinking chocolate powder to a little cold milk and make a smooth paste in a mug. Heat milk to a simmer either on the hob or in the microwave.

Add hot milk into the chocolate paste and top with whipped cream and mini marshmallows (optional).

Tropical fruit smoothie

- 150ml orange or tropical juice
- 200ml canned coconut milk
- 140g tinned peaches in syrup (approx. 1/3 standard tin)
- 1 tsp honey or maple syrup
- 100g full fat yoghurt or coconut yoghurt

Using a blender, blend all the ingredients together until smooth. You may like to add ice to the blender to make the smoothie cold.

Almond and prune smoothie

- 200ml whole or almond milk
- 1 tbsp almond butter
- 4 prunes
- 2 tbsp apple sauce or stewed apples

Mix all ingredients together in a blender until smooth. You may like to add yoghurt or ice cream to provide additional calories and make the smoothie creamier.

Peanut and banana shake

- 200ml whole or soya milk
- 30g peanut butter
- 1 banana
- 1 tbsp maple syrup or honey

Mix all ingredients together in a blender until smooth. You may like to add chocolate spread to the mix for an extra boost and more flavour.

Berries and cream

- 150ml whole milk
- Handful of berries
- 125g full fat strawberry or plain yoghurt
- 1 generous tsp of honey or maple syrup
- 2 tbsp double cream

Mix all ingredients together in a blender until smooth. You can choose fresh or frozen fruit for a different flavour.

Mega mocha

- 1 sachet of chocolate powdered energy drinks (see page 6)
- 150ml hot full fat milk
- Coffee powder

Mix supplement powder and coffee with a little milk.

Slowly add the rest of the milk while whisking.

Cola drink

- 1 sachet of Aymes Shake, Scandishake mix or Enshake (neutral or vanilla flavour)
- 200ml full sugar cola

Pour cola into large jug.

Add supplement powder and whisk until dissolved.

Other drink ideas

- Add 1-2 shots of neutral flavour Procal Shot, Fortisip or Fresubin 5 kcal to tea or coffee with or in place of milk. Can also be added to hot chocolate and other milky drinks.
- Add peppermint cordial when mixing any chocolate flavour powdered supplement to make a chocolate mint milkshake.
- Try splitting Ensure compact, Fortisip compact or Altraplen compact into 2-3 shots if struggling to sip full bottles.

Do not drink supplement if it has been open for more than 24 hours.

Super soother

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

Mix the milk powder, Complan or Scandishake Mix 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 7)
- 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 7)
- 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 booklet 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.

Company	Telephone no.	Website
Abbott	01628 773 355	www.abbott.co.uk
Fresenius Kabi	01928 533 516	www.fresenius-kabi.com/gb
Nestlé	0800 6378 5385	www.nestlehealthscience.co.uk
Complan	0345 600 3170	www.complan.com
Nutricia	03457 623 653	www.nutricia.co.uk
Aymes	0800 678 5145	www.aymes.com
Nualtra	0118 453 2853	www.nualtra.com

Christie booklets

Further information booklets include:

- **Eating – help yourself:** Gives general information about coping with eating difficulties when having treatment.
- **Easy to eat, nourishing diet:** For people who can only manage an easy to chew or liquid diet because of swallowing difficulties. Offers practical suggestions, recipes and nutritional information.
- **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.
- **Eating well with diabetes when you have a poor appetite:** For people with diabetes who are concerned about losing their appetite or losing weight.

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.

If you need information in a different format, such as easy read, large print, BSL, braille, email, SMS text or other communication support, please tell your ward or clinic nurse.

The Christie is committed to producing high quality, evidence based information for patients. Our patient information adheres to the principles and quality statements of the Information Standard.

If you would like to have details about the sources used please contact the-christie.patient.information@nhs.net

Contact The Christie Hotline for
urgent support and specialist advice

The Christie Hotline: 0161 446 3658

Open 24 hours a day, 7 days a week

Visit the Cancer Information Centre

The Christie at Withington **0161 446 8100**

The Christie at Oldham **0161 918 7745**

The Christie at Salford **0161 918 7804**

The Christie at Macclesfield **0161 956 1704**

Open Monday to Friday, 10am – 4pm.

Opening times can vary, please ring to check
before making a special journey.

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