

Patient /carer information: Homemade supplements

Due to illness or a poor appetite, you may be at risk of malnutrition because you cannot, or do not, eat enough to meet your body's needs. Homemade supplements can provide a range of nutrients to help you meet your body's needs.

Following the advice in this leaflet should help you improve your food intake & support a healthy weight.

Follow the recipes as they are written (using the exact products and quantities stated) as other milkshake flavourings/hot drink powders/fruit juices do not provide the same vitamins & minerals.

The next 3 recipes are the most nutritionally complete choices

Fortified milkshake (ICS recipe)

Ingredients—makes 1 portion

½ pint/180ml cold full fat milk
2 generous tablespoons/30g skimmed milk powder
4 heaped teaspoons/20g vitamin fortified milkshake powder (Asda Milkshake Mix, Lidl Choco Drink, Morrisons Milkshake Mix, Tesco Milkshake Mix or Nesquik)



Directions

Mix skimmed milk powder and milkshake powder together in a glass.

Gradually mix in cold milk and stir well.

1 portion = 220ml

Serve 2 portions per day

[Watch how easy it is to make](#)



Fortified hot chocolate (ICS recipe)

Ingredients—makes 1 portion

½ pint/180ml hot full fat milk
2 generous tablespoons/30g skimmed milk powder
4 heaped teaspoons/20g vitamin fortified chocolate milkshake powder (Asda Milkshake Mix, Lidl Choco Drink, Tesco Milkshake Mix, Morrisons Milkshake Mix or Nesquik)



Directions

Mix skimmed milk powder and milkshake powder together in a mug.

Gradually mix in hot milk and stir well.

1 portion = 220ml

Serve 2 portions per day

[Watch how easy it is to make](#)



Fortified Ovaltine or Horlicks (ICS recipe)

Ingredients—makes 1 portion

½ pint/180ml hot full fat milk
2 generous tablespoons/30g skimmed milk powder
5 heaped teaspoons/25g Ovaltine Original Add Milk' powder or 'Horlicks Malted Food Drink' powder



Directions

Mix skimmed milk powder and Ovaltine or Horlicks powder together in a mug.

Gradually mix in hot milk and stir well.

1 portion = 220ml

Serve 2 portions per day

[Watch how easy it is to make](#)



Fortified vegan milkshake (ICS recipe)

Ingredients—makes 1 portion

½ pint/180ml Alpro Growing Up Soya Drink
1 generous tablespoon/20g soya milk powder
40ml undiluted premium cordial (**not** sugar free/diet/ no added sugar)
e.g. Belvoir, Bottlegreen, Ribena, Rocks Organic



Directions

Put soya milk powder in a glass.
Gradually mix in Alpro Growing Up Soya Drink.
Mix in the undiluted cordial.
1 portion = 220ml
[Serve 2 portions per day](#)

[Watch how easy it is to make](#)



Product comparison, per portion	Calories	Protein	Carbohydrate	Fat	Cost*
Fortified milkshake/hot chocolate	295 - 310kcal	17g	39.4 - 44.2g	6.9g	£0.72
Fortified Horlicks	319kcal	19.3g	43.8g	8.6g	£0.82
Fortified Ovaltine	319kcal	18.4g	44.3g	7.9g	£0.92
Fortified vegan milkshake	297kcal	17.1g	56.4g	9.3g	£1.05
Purchased Complan + full fat milk	310kcal	12.5g	44g	8.1g	£1.47
Purchased Meritene + full fat milk	247kcal	16.6g	26g	8.3g	£1.69

*Prices correct August 2025

The next recipe is the most nutritionally complete choice for those who do not like or cannot take milky drinks

Fortified fruit juice (ICS recipe)

Ingredients—makes 1 portion

½ pint/180ml cold vitamin fortified fruit juice (Aldi The Juice Company Multivitamin Boost, Lidl Naturis Multivitamin juice, Tesco Kubus 100% Multivitamin Juice, or Tropicana Multivitamin Boost)
40ml undiluted premium cordial (**not** sugar free/diet/ no added sugar)
e.g. Belvoir, Bottlegreen, Ribena, Rocks Organic

10g (2 x 5g sachets) egg white powder (find in the home baking section of most supermarkets or larger, better value packs can be purchased online)



Directions

Put egg white powder in a glass.
Gradually stir in undiluted cordial (do not whisk).
Gradually mix in the fruit juice and stir well (do not whisk).
1 portion = 220ml
[Serve 2 portions per day](#)

[Watch how easy it is to make](#)



Product comparison, per portion	Calories	Protein	Carbohydrate	Fat	Cost*
Fortified fruit juice	191 - 246kcal	8.4 - 9.4g	38 - 52g	0 - 0.2g	£1.20 - £1.33

*Prices correct August 2025

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