

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 contain 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 full fat milk
2 generous tablespoons/30g skimmed milk powder
4 heaped teaspoons/20g vitamin fortified milkshake powder (Aldi Cowbelle Milkshake Mix, Asda Milkshake Mix, Lidl Goody Cao, or Nesquik)

Directions

Mix 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



Fortified hot chocolate (ICS recipe)

Ingredients—makes 1 portion

½ pint/180ml full fat milk
2 generous tablespoons/30g skimmed milk powder
4 heaped teaspoons/20g vitamin fortified chocolate flavour milkshake powder (Aldi Cowbelle Milkshake Mix, Asda Milkshake Mix, Lidl Goody Cao, or Nesquik)

Directions

Mix 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



Fortified Ovaltine or Horlicks (ICS recipe)

Ingredients—makes 1 portion

½ pint/180ml 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 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



Fortified vegan milkshake (ICS recipe)

Ingredients—makes 1 portion

⅓ pint/180ml Alpro Growing Up Soya Drink
 20g soya milk powder
 40ml undiluted premium cordial (**not** sugar free/diet/
 no added sugar) e.g. Belvoir, Bottlegreen, Ribena, Rocks
 Organic

Directions

Gradually mix soya milk powder together with Alpro Growing Up Soya Drink. Mix in the undiluted cordial.



1 portion = 220ml

Serve 2 portions per day

Product comparison, per portion	Calories	Protein	Carbohydrate	Fat	Cost*
Fortified milkshake/hot chocolate	295 - 310kcal	17g	39.4 - 44.2g	6.9g	£0.61
Homemade fortified Horlicks	319kcal	19.3g	43.8g	8.6g	£0.73
Homemade fortified Ovaltine	319kcal	18.4g	44.3g	7.9g	£0.79
Fortified vegan milkshake	297kcal	17.1g	56.4g	9.3g	£1.21
Purchased Complan + full fat milk	310kcal	12.5g	44g	8.1g	£1 - £1.47
Purchased Meritene + full fat milk	247kcal	16.6g	26g	8.3g	£1.35

*Prices correct January 2024

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

⅓ pint/180ml pure fruit juice (using Kubus 100% Multivitamin Juice (Tesco), Naturis Multivitamin juice (Lidl), The Juice Company Multivitamin Boost (Aldi) or Tropicana Multivitamin Boost will provide more vitamins)

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). Add the fruit juice slowly and stir well.



1 portion = 220ml

Serve 2 portions per day

Product comparison, per portion	Calories	Protein	Carbohydrate	Fat	Cost*
Fortified Fruit juice	178 - 250kcal	8.4 - 9.4g	38 - 52g	0 - 0.2g	£0.92
Fortified Fruit juice (using vitamin fortified products listed above)	191 - 246kcal	8.4 - 9.4g	38 - 52g	0 - 0.2g	£1.18

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Version	2.0
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Date ratified by APC	July 2022 (Updated Feb 2024)