

Nutritional Drinks

A guide for patients and their carers





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Christie Website

Many of the Christie booklets and a list of UK help groups are available on the Christie website. You can also access other patient information sites in the UK such as CancerBACUP and Cancerhelp UK via the Christie website.

www.christie.nhs.uk

Introduction

There are now many special nutritional drinks and puddings available to help when eating is difficult. But with so much choice it can be hard to decide what is right for you. This booklet has been designed by the Christie hospital dietitians to show you:

- What nutritional drinks are available
- What nutritional drinks are the most suitable for you
- How all the products can be used

Who is this booklet for?

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

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

If you are having eating problems as a result of your treatment such as loss of appetite, sore mouth or diarrhoea, you will find useful advice in the Christie booklet 'Eating Help Yourself' available on the wards and outpatient department leaflet racks.

If you are an inpatient you can discuss using nutritional drinks with the ward staff. There are products available on the wards that you can try. If you need further advice, ask the ward staff to refer you to a dietitian.

If you are an outpatient you can talk to your specialist nurse or doctor. For further advice ask your Christie doctor or GP to refer you to your local dietitian.

But remember, these products are meant to supplement your diet and not replace all your ordinary food. It is best to try to keep eating some ordinary foods, alongside the drinks, if at all possible. See "Eating Help Yourself" for ideas on high protein, high calorie foods and snacks.

Nutritional drinks and powders should only be used for children under the supervision of a dietitian.

What you need to know

There is a wide range of these products 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. If you are unsure, please ask your doctor or dietitian. For example, many are unsuitable for diabetics. Other supplements contain gelatine, so may not be acceptable for people on a Kosher or strict vegetarian diet. Where possible, we have indicated this in the booklet. There are recipe ideas for using supplements at the end of the booklet.

New products and flavours are coming out all the time. Ask your GP or dietitian.

What is available

This booklet describes the different sorts of supplements that are available, and gives some recipe suggestions as to how you can use them. Nutritional supplements come into three groups:

- Nutritional drinks
- Energy and protein supplements
- Nourishing puddings

Nutritional drinks

The following pages list the names of the drinks that are available, either that you can buy (non-prescription) or on prescription. The drinks are best taken 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 - some ideas are given at the back of this booklet. Neutral drinks can be taken as they are, or flavoured with soup mix or milk shake syrups - see recipes starting on page 6 for ideas. You can also freeze them into ice-lollies or ice-cream.

The advice in this booklet is not suitable for children



nutritional drinks you can buy

These drinks (non-prescription) can be bought in chemists and some supermarkets. They come in a powdered form and should be made up as directed on the packet.

Build-up: vanilla, banana, strawberry, chocolate, natural or lemon 'n' lime (contains some fibre).

Build-up soup: chicken, potato & leek, tomato and vegetable (contains some fibre).

Boots Recovery: chocolate, strawberry or original.

Complan: original, strawberry, vanilla, peach and raspberry, chocolate or banana.

Complan savoury: chicken or vegetable.

Complan ready-to-drink cartons: chocolate, vanilla & strawberry flavours.

nutritional drinks on prescription

Your hospital doctor or GP will assess you if you require the drinks on prescription, and they will advise you on the quantities to take. These drinks are suitable for most people. We have listed the drinks and marked these to indicate where these are approved (✓) or not approved (✗) for Halal and Kosher diets. These supplements are not suitable for strict vegetarians. **Ask your doctor or pharmacists about the flavours available.**

*Many
supplements
are available
only by
prescription*

**These drinks are suitable for
most people**

These are milk based drinks

high energy content*:

These are milk based drinks and come in a wide variety of flavours. Ask your doctor or pharmacist about the range available.

	Kosher approved	Halal approved
Fortisip Bottle (Nutricia)	X	X
Ensure Plus (Abbott Products)	X	X
Fresubin Energy (Fresenius Kabi)	✓	✓
Resource Shake (Novartis)	✓	X
Clinutren 1.5 (Nestle)	X	X

These are made up with whole milk

powdered energy drinks:

They can be easily mixed into yoghurts, rice pudding, fruit juice or jelly to increase the protein and calorie content.

	Kosher approved	Halal approved
Calshake (Fresenius Kabi)	✓	✓
Scandishake *Strawberry flavour not suitable for Kosher	✓	X

Should be used with dietetic or medical supervision

high energy content with fibre:

	Kosher approved	Halal approved
Fresubin Energy Fibre (Fresenius Kabi)	✓	✓
Fortisip multi-fibre (Nutricia)	X	X
Enrich Plus (Abbott)	X	X
Resource 2.0 Fibre (Novartis)	✓	X

Fortifresh can be useful for people with taste changes

high energy content yoghurt based:

	Kosher approved	Halal approved
Fortifresh (Nutricia)	X	X
Ensure Plus Yoghurt Style (Abbott)	X	X



juice based drinks:

These drinks are not suitable for diabetics

	Kosher approved	Halal approved
Fortijuice (Nutricia)	X	X
Enlive (Abbott)	X	X
Resource Fruit (Novartis)	✓	X
Provide Xtra (Fresenius Kabi)	✓	✓
Clinutren Fruit (Nestle)	X	X

savoury supplement:

	Kosher approved	Halal approved
Vitasavoury (Vitaflo)	X	X

Energy and protein supplements

You should only use these energy and protein supplements with the advice of a state registered dietitian. They are concentrated sources of energy and / or protein and may be available on prescription from your GP. Powdered supplements are useful to increase the nutritional value of ordinary food.

powdered supplements:


■ **Energy: Maxijul, Caloreen, Polycal, Polycose, Vitajoule, Quickcal.**

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. Directions for use are given on the packets.

Some may not be suitable for diabetics

■ **Protein: Protifar, Maxipro, Promod, Procal.**

These can be added to liquid foods as above, to increase the protein content. To be taken under dietetic or medical supervision.



These are cold desserts which are especially useful for people who find swallowing difficult

liquid supplements:

■ **Hycal, Polycal, Maxijul, Calogen.**

These are energy supplements which come as a flavoured liquid. They can be taken neat, mixed into drinks or added to food. Ask your dietitian for ideas and recipes.

Nourishing puddings

Formance (Abbott Laboratories): butterscotch, chocolate and vanilla.

Forticreme (Nutricia): vanilla, chocolate and coffee.

Clinutren Dessert (Nestle): chocolate, vanilla, peach and caramel.

Resource Energy Dessert (Novartis): caramel, chocolate and vanilla.

Recipes

Savoury

FORTIFIED SOUP (1)

- 1 tin condensed soup
- 1 carton flavoured high energy milk-based drink (see p4)*

Warm the soup to just under boiling. Slowly stir in the supplement. Re-heat but do not boil. Serve straight away.

FORTIFIED SOUP (2)

- 3 tablespoons Natural Complan or Build-up
- 1 packet instant soup mix
- 189ml full cream milk

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

FORTIFIED SAUCE

- 1 sachet neutral Build-Up, Complan or Scandishake
- 1 carton ready-made sauce eg cheese

Mix sachet and sauce together. Heat as directed on sauce packet. Serve with fish, vegetables, pasta etc.



Sweet Pudding

ICE-CREAM BOOST

- 1 bottle of flavoured Hycal or Polycal
- Small carton (5 fluid ozs) of double cream
- Whisk the Hycal or Polycal and cream together.

Freeze overnight in a suitable container.

This recipe gives 2-3 portions of high calorie ice-cream.

It can also be frozen in ice cube trays or in ice lolly moulds.

DESSERT PLUS

- 1 carton high energy milk-based drink (see p4)*
- 1 packet instant pudding mix
- 6 tablespoons powdered energy supplement (see p4)

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.

HIGH ENERGY JELLY

- 1 jelly - any flavour
- One 300ml carton high energy milk-based drink (see p4)*

Dissolve the jelly in 142mls of water. Leave to cool completely. Whisk in nourishing drink and leave to set. (The mixture may curdle slightly, but this will not affect the nutritional value)

CARAMEL DESSERT

- 1 packet Creme Caramel Mix
- 2 cartons high energy milk-based drink (see p4)*

Make up the mix as directed on the packet using the drink instead of milk. Chill.

MILK PUDDING

- 2 cartons high energy milk-based drink vanilla (see p4)
- 1½ oz or 42g pudding rice
- 1½ oz or 42g sugar

Knob of butter

Mix ingredients together and pour into an oven proof bowl. Bake at 180C (350F) Gas 4 for 20 mins. Then turn down and continue to bake at 150C (330F) for 1½ hours

JUICY JELLY

- 1 packet jelly
 - 1 carton juice based drink, for example, Provide Xtra, Enlive or Fortijuice
- Dissolve jelly in 142ml of boiling water. Add carton and leave to set.

Cereals

SUPER CEREAL (1)

- 3 tablespoons porridge oats or instant oat cereal
- 568ml full cream milk
- 3 tablespoons natural Build-up or Complan
- Sugar, salt or honey to taste

Mix oats with milk and Complan or Build-up. Bring to boil stirring continuously, then simmer for 5 mins and serve. Add sugar or salt to taste. Add more milk to thin the consistency.

SUPER CEREAL (2)

- 3 tablespoons instant breakfast cereal or 1 crushed Weetabix
- 1/2 cup full cream milk
- 3 tablespoons natural Complan or Build-up

Mix Complan or Build-up with cereal. Add hot milk and stir well. Add sugar or salt to taste.

Drinks

HIGH CALORIE WATER

- 1 litre water
- 5oz or 140g powdered energy supplement eg. one sachet Maxijul

Add energy supplement to 1 litre of water

Add squash to flavour if liked, or add to gravies, sauces or jelly.

Stir before drinking.

SPECIAL MILK SHAKE

- 1 sachet of Build-up or Complan (flavoured)
- 200ml full cream milk
- 6 teaspoons powdered energy supplement (see p5)
- 1 scoop ice-cream

Mix ingredients together - use a liquidiser or whisk.

Use a variety of flavours such as banana drink with banana or chocolate mix, tropical fruits drink with lemon or pineapple mix.



PEACH MELBA DRINK

- 1 sachet original Complan or Natural Build-up (made as directed on the packet or drink)
- 1 carton neutral flavoured nourishing drink (see p4)*
- ½ carton (150ml) of peach yoghurt
- 2 teaspoons raspberry jam

Liquidise all ingredients together. Sieve to remove seeds - if smooth texture is needed.

FRUIT REFRESHER

- 100 ml orange juice
- 100 ml pineapple juice
- 100 ml lemonade
- 3 dessertspoons powdered **energy** supplement eg Maxijul (see p5)

Mix together and serve.

MILKY FIZZ

Make up Complan or Build-up as directed using half of the recommended liquid. Top up with lemonade. Try strawberry or lemon'n'lime flavours.

HOMEMADE FRUIT SHAKE

- 1 cup of full cream milk
- 1 tablespoon milk powder
- 1 tablespoon high **energy** powdered supplement such as Maxijul (see p5)
- 1 scoop ice-cream - plain or flavoured
- 3-4 oz or 84-112g soft fruit eg mashed banana, strawberries or raspberries
- sugar to taste - if needed

Liquidise all ingredients together. Sieve to remove any seeds.

MAXI NIGHTCAP

- 189 ml full cream milk
- 1 tablespoon natural Complan or Build-up
- 1 tablespoon glucose powder
- 2 tablespoons Ovaltine, Horlicks or drinking chocolate


Mix Complan or Build-up with glucose powder and a little cold milk. Add flavouring and remaining hot milk. Top with a marshmallow float or chocolate flake and cream.

CHRISTIE HOSPITAL BOOKLETS

Further information booklets include:

- **Eating well: dietary information for people with 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 - Help Yourself.** Give general information about coping with eating difficulties when having treatment.
- **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.

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 out-patient please ask your clinic nurse.

Christie Hospital 
NHS Trust

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Visit the Cancer Information Centre
on the glass link corridor near Oak Road

Open: Monday to Friday*

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

Tel: 0161 446 8100

Email: christie@cancerbacup.org

Christie Hospital Tel: 0845 226 3000

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www.christie.nhs.uk