

#HELPMYNHS

TO GIVE ME THE BEST CARE



Patient advice about food fortification and home-made recipes to be used instead of prescribed oral nutritional supplement (ONS) drinks.

In 2017/2018 Brighton and Hove and High Weald Lewes Havens CCGs spent over £1,000,000 on prescribing ONS drinks. Many of these drinks could be replaced by homemade drinks which provide the same nutritional benefit.

Eating enough to meet your body's needs is important to help keep you strong and limit infections. However, it can be difficult when you have a poor appetite.

Prescribed oral nutritional supplement drinks (eg: Fortisip, Ensure, Fresubin) provide energy, protein and some vitamins and minerals. All of this can be provided from food instead, by making some small changes to your diet.

If you are only eating small amounts you should make each mouthful as nutritious as possible so that you can increase the amount of energy and protein that you eat, without increasing the size of your meals.

What changes can you make to your diet?

Energy: This is found in **fats** (butter, oil, cream, cheese etc). Adding extra butter to mashed potato, double cream to porridge, grated cheese to soups, or mayonnaise to tinned tuna will increase the energy that you eat, without increasing the portion size. Use full fat dairy products, not low / diet / semi-skimmed options.

Protein: **Skimmed milk powder** (available from all supermarkets) is a great source of protein. Mixing 5 tablespoons of skimmed milk powder into a pint of full fat milk will almost double the energy and protein content of the pint of milk, without increasing the amount of milk.

Use this fortified milk like ordinary milk: add to tea and coffee, use for cereal and porridge, make custard and sauces with it.

Non-dairy protein substitutes (eg: egg white protein or

pea protein) are available in supermarkets or health food shops. Eggs, meat, fish and pulses are also good sources of protein.

Vitamins and minerals: Have **5 portions** a day of **vegetables and fruit** (fresh, frozen or tinned) to provide the vitamins and minerals that you need. Some products (eg: Horlicks, Ovaltine and some breakfast cereals) are fortified with extra vitamins and minerals. Milk, dairy foods (or dairy-free alternatives fortified with calcium) and leafy green vegetables give you calcium. Meat, eggs and pulses contain iron.

Recipe ideas

Fortified Horlicks / Ovaltine (310kcal, 19g protein)

- 1/3 pint (180ml) full fat milk
- 2 tablespoons (30g) skimmed milk powder
- 5 teaspoons (25g) Horlicks / Ovaltine

Fortified Cuppa Soup (300kcal, 18g protein)

- 1/3 pint (180ml) full fat milk
- 2 tablespoons (30g) skimmed milk powder
- 1 sachet instant soup

Scrambled Egg Extra (475kcal, 20g protein)

- 2 eggs
- 1 heaped teaspoon (10g) butter
- 1 tablespoon (15ml) double cream
- Serve on buttered toast

Further information

<https://www.gp.brightonandhoveccg.nhs.uk/file/8156>

<https://www.gp.brightonandhoveccg.nhs.uk/file/18786>

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