



# Moving on from supplements

## A patient's guide

You may have been taking a nutritional supplement to boost your energy and/or protein intake. This may be because you have been finding it difficult to meet your daily needs for these nutrients through your normal diet.

The following diet sheet contains ideas for foods you can add to your diet instead of taking a supplement.

### Benefits of using food to enrich your diet as an alternative to supplements

- You can experience a greater range of tastes and textures
- You don't have to change your normal diet too much
- You can choose from a wider range of foods
- You may have grown tired of the taste of your supplement
- Enriching your food may be less expensive than taking a supplement

The following table contains ideas for food recipes that you can add to your normal diet, as an alternative to the supplement that you have been taking. Make sure that you have these foods in addition to what you are already eating.

Supplement	Food First Alternative
<p><b><u>Powdered supplements</u></b></p> <p><b>Aymes Shake</b> 384-389 kcal and 15.6-16g Protein</p> <p><b>Foodlink</b> 383kcal and 19g protein</p> <p><b>Complan Shake</b> 380 kcal and 15.5g protein</p> 	<p><b>Vanilla Yogurt Shake</b> 200ml full fat milk 100g full fat vanilla flavoured yogurt 1 tablespoon of cream 1 tablespoon of dried skimmed milk powder 400 kcal, 15g protein</p> <p><b>Ice cream smoothie</b> 250ml whole milk 80g (1 large scoop) ice cream (e.g. strawberry flavour) 3 tsp dried milk powder 330 kcal and 14g protein</p> <p><b>Hot chocolate smoothie</b> 1 tsp drinking chocolate powder 200ml whole milk 60g (1 scoop) vanilla ice cream 4 tsp dried milk powder 330 kcal and 14g protein</p> <p><b>TOP TIPS:</b></p> <ul style="list-style-type: none"> <li>• Change the flavour of the yogurt/ Ice cream or add your favourite milkshake powder for different flavours</li> <li>• For an extra shot of protein add 1 tablespoon of dried milk powder</li> </ul>



<p><b><u>Ready Made Milk based</u></b>  <b>Aymes Complete</b>  300kcal and 12g protein</p> <p><b>Ensure Plus</b>  300kcal and 12.5g protein</p> 	<p><b>Weetabix on the go</b>  207kcal and 8.5g protein</p> <p><b>Crackers with Humus</b>  3 x crackers  50g Humus  360kcal and 7g protein</p> <p><b>Cheese and Biscuits</b>  3x digestive biscuits  30g cheddar cheese  300kcal and 10g protein</p> <p><b>Fortified Rice Pudding</b>  200g full fat rice pudding  2 tablespoons of dried milk powder  1 tablespoon of cream  300kcal, 13g Protein</p>
<p><b><u>Juice Based</u></b>  <b>Ensure Plus Juice</b>  330 kcal and 10.6g protein</p> 	<p><b>Chia Seed Fruit Pudding</b>  2 tablespoons of chia seeds  100ml fruit juice of your choice  100g soya yogurt  (mix together and leave overnight)  300kcal, 10g Protein</p>
<p><b><u>Compact Supplements</u></b>  <b>(125ml)</b>  <b>Ensure Compact</b>  300kcal and 13g of protein</p>  <p><b>Altraplen Compact</b>  300kcal and 12g protein</p>	<p><b>Banana Smoothie</b>  125ml full fat cream  1 scoop of ice-cream  1 banana  300kcal, 5g protein</p>



<p><b><u>Soup Based Supplements</u></b></p> <p><b>Meritine Soup</b> 200kcal and 7g protein</p> <p><b>Aymes Savoury</b> 247-251kCal and 9.2g Protein</p> 	<p><b>Fortified Cuppa Soup</b> 1 sachet cuppa soup 3 tablespoons of dried milk powder 200kcal and 11.5g protein</p> <p><b>Cheesy cream of tomato soup</b> 300g (small tin) cream of tomato soup 40g grated cheddar cheese 1 tsp dried milk powder 330 kcal and 14g protein</p> <p><b>Cream of chicken soup</b> 300g (small tin) cream of tomato soup 15g (1 dsp) double cream 8 tsp dried milk powder 330 kcal and 14g protein</p>
<p><b><u>High Protein Supplements</u></b></p> <p><b>Altraplen Protein</b> 300kcal and 20g protein</p> 	<p><b>Chocolate Peanut Butter Shake</b> 200ml shop bought milkshake 2 tablespoons of dried milk powder 1 tablespoon of peanut butter 300kcal, 18g protein</p> <p><b>Weetabix on the go Protein</b> 250ml bottle 200kcal, 21g protein</p> <p><b>Sardines on Toast</b> 1 slice of seeded bread 1 tin of sardines (in oil for higher calories) 230kcal, 28g protein</p>
<p><b><u>Dairy Free Options</u></b></p> <p><b>Aymes Smoothie</b> [note this is not vegan as vitamin D is from Sheep's wool] 297kcal and 10.7g protein</p> 	<p><b>Fruit Boost Smoothie</b> 100ml fresh fruit juice 100ml lemonade 100ml dairy free ice-cream/ yogurt 1 tablespoon sugar 220 kcal, 4g Protein</p> <p><b>TOP TIP:</b> Double to yogurt/Ice-cream to make it 8g protein per portion</p> <p><b>Banana and Peanut Butter Sandwich:</b> 1 slice of seeded bread 1 tablespoon of peanut butter 1 banana 360kcal, 11g protein</p>



<p><b><u>Very High Calorie Supplements</u></b></p> <p><b>Ensure Twocal</b> 400kcal and 17g protein</p>  <p><b>Actagain</b> 480 kcal and 19.2g protein</p>	<p><b>Nourishment</b> 400ml can 400kcal, 20g protein</p>
<p><b><u>Fibre Supplements</u></b></p> <p><b>Ensure Plus Fibre</b> 310kcal, 13g protein, 5g fibre</p> 	<p><b>Weetabix on the go</b> 250ml bottle 207kcal, 8.5g protein and 5g protein</p>
<p><b><u>Yogurt Dessert Supplement</u></b></p> <p><b>Nutricrem</b> 225kcal and 12.5g protein</p>  <p><b>Aymes Crème</b> 188 calories and 9.4g protein</p> <p><b>Ensure Plus Crème</b> 171kcal and 7g protein</p>	<p><b>Yogurt Dessert Recipe</b> 125g (small pot) full fat fruit yoghurt 60g (1 scoop) vanilla ice cream 6 tsp dried milk powder 1 tsp granulated sugar 330 kcal and 14g protein</p>

### Patient advice and liaison service (PALS)

If you have a compliment, complaint or concern please contact our PALS team on 020 7288 5551 or [whh-tr.whitthealthPALS@nhs.net](mailto:whh-tr.whitthealthPALS@nhs.net)

If you need a large print, audio or translated copy of this leaflet please contact us on 020 7288 3182. We will try our best to meet your needs.

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