



**ORAL NUTRITIONAL  
SUPPLEMENTS**  
**A SIMPLE GUIDE FOR  
PATIENTS AND CARERS**

# The importance of good nutrition

Food and water are essential as they give us the energy (calories) and nutrients to go about our day to day activities, keep our bodies working normally and help our body's tissues to grow and repair. As a general rule, healthy men require approximately 2,500 calories each day to maintain their normal body weight and women require approximately 2,000 calories.

If you are unwell or recovering from an illness, you may need more food than usual but your appetite might be poor and you could struggle to eat and drink enough. The effects of illness and medication may also cause taste changes or the feeling of getting full more quickly.

Your Dietitian, Nurse or Doctor may prescribe oral nutritional supplements if they think you require extra nutrition to meet your energy and nutrients needs to maintain your body weight. Your local pharmacy will be able to dispense your prescribed oral nutritional supplements.



## What are oral nutritional supplements?

Oral nutritional supplements are foods that contain energy, protein, vitamins and minerals that you would normally get from a healthy balanced diet. They are specially designed for people who may not be able to eat enough food to meet their needs.

Improving the amount of nourishment you get could help you maintain your body weight, cope better with your illness and recover more quickly.

Oral nutritional supplements, such as Fortisip Compact, are Foods for Special Medical Purposes for use under medical supervision.



## How many oral nutritional supplements should I take?

Your Dietitian, Nurse or Doctor will explain how many oral nutritional supplements you should take to meet your needs or medical condition.

# Getting the most from oral nutritional supplements

Everybody is different and for this reason there are many different types of oral nutritional supplements available to choose from.

**Style:** There is a comprehensive range of oral nutritional supplements available in the style of milkshakes, juices, yogurts and desserts.

**Size:** Many people find it difficult to finish large volumes of oral nutritional supplement drinks that they have been prescribed. These drinks come in a range of sizes offering similar nutritional content, i.e. 220ml, 200ml or 125ml. In general people finish more of the bottle when they have more calories per 100ml and these tend to be smaller in size.

**Flavour:** There are lots of flavours available to try so don't just stick to one. Why not try apricot, forest fruit or even mocha, which is a blend of coffee and chocolate?

## Are oral nutritional supplements suitable for patients with diabetes?

Most oral nutritional supplements within the Nutricia range would be suitable for people with diabetes. However, it is recommended to ask your Dietitian, Diabetes Nurse Specialist or Doctor if you need further advice.

## Can I heat oral nutritional supplements?

Yes, some people may prefer to take oral nutritional supplements warm, especially if they want to incorporate certain flavours into soups, hot drinks or custard. For example, oral nutritional supplements can be gently warmed to make hot chocolate.

Decant the oral nutritional supplements into a pan and warm through gently without boiling as boiling may alter the taste and damage the sensitive vitamins.



## Can I freeze oral nutritional supplements?

Yes, decant the oral nutritional supplements into a freezer safe container or ice cube tray and freeze. You can also freeze oral nutritional supplements in ice lolly moulds.

## Can I use oral nutritional supplements in cooking?

Yes, some people may prefer to take oral nutritional supplements that have been incorporated into other foods and drinks.

Oral nutritional supplements can be used to fortify a variety of meals, desserts and drinks. You can replace milk in sauces, cakes, desserts and drinks with a milkshake style supplement.



## If a recipe makes more than one serving how long can I store the remaining food for?

It is recommended that oral nutritional supplements, once opened, are closed and stored in the refrigerator for a maximum of 24 hours.

As the recipes in this booklet use oral nutritional supplements it is advised that when a recipe makes more than one serving, the remaining food is stored in the refrigerator and used within 24 hours.

# Top tips to help improve your dietary intake

You should try to eat and drink as much as you can by having small frequent meals with regular snacks. You should fortify foods and drinks to add extra energy, for example add extra butter, cheese, full fat milk, sugar, jam, or syrup to meals and/or puddings.

Oral nutritional supplements will help boost your dietary intake but it is important that you take the recommended dose each day. Oral nutritional supplements may be taken between meals like a snack, first thing in the morning or before bed time. Some people find that taking small amounts regularly throughout the day helps.

Remember, oral nutritional supplements are versatile – you could incorporate your oral nutritional supplement in one of your favourite recipes.



# Recipe ideas using Fortisip Compact

## Honey Porridge

### Ingredients (serves 1)\*

- 1 bottle **Fortisip Compact (vanilla or banana flavour)**
- 30g porridge oats
- 1 tbsp honey
- 1 banana (optional)



Serving suggestion

### Method

1. Place the porridge oats into a bowl and mix in **Fortisip Compact**.
2. Place into a microwave and cook for 90 seconds.
3. Add the honey, return bowl to microwave and cook for a further 30 seconds.
4. Stir and serve.

PER SERVE

392  
KCAL

15.5g  
PROTEIN

## Fruit Scones

### Ingredients (makes 4 scones)\*

- |  |                 |
|--|-----------------|
| 1 bottle <b>Fortisip Compact (vanilla flavour)</b> | 30g dried fruit |
| 250g self-raising flour                            | 15g sugar       |
| 30g butter   | ½ an egg beaten |

PER SERVE

391  
KCAL

10g  
PROTEIN

### Method

1. Sieve the flour into a bowl and sprinkle in the sugar. Rub in the butter lightly until the mixture appears crumbly.
2. Add the dried fruit, egg and **Fortisip Compact** and mix into a dough.
3. Cover and leave to rest for 10 minutes.
4. Turn the dough out on to a lightly floured work surface. Roll out the dough to approximately 1 inch thick and cut into 4 using a scone cutter.
5. Place the scones on to a lightly greased baking sheet and bake in a preheated oven at 200°C (gas mark 7) for 10 to 12 minutes or until golden brown\*\*.

**TOP TIP: Delicious with a thick spread of butter, a teaspoon of jam and a dollop of cream**

\*Allergens may be present, please check individual product and ingredients labels. If concerned about allergens please contact your healthcare professional.

\*\*Baking Fortisip Compact may reduce the vitamin and mineral content of the product. If you have any concerns please contact your healthcare professional for advice.

## Ice Cream

### Ingredients (serves 1)\*

- 1 bottle **Fortisip Compact (strawberry flavour)**
- 50g chopped strawberries
- 15ml strawberry sauce



### Method

1. Pour **Fortisip Compact** and strawberry sauce into a freezer bag and place in the freezer for 4 hours.
2. Remove from the freezer and allow to stand for 2-3 minutes.
3. Mix the chopped strawberries into frozen **Fortisip Compact** mix.
4. Place into a bowl, add wafer, then serve.

PER SERVE

354  
KCAL

12.5g  
PROTEIN

### TOP TIPS:

- Replace Fortisip Compact strawberry with mocha flavour and add a chocolate flake
- Add 3 drops of vanilla essence and honey or chopped banana and a chocolate flake
- Make ice lollies by freezing the chopped fruit and Fortisip Compact in ice lolly moulds overnight

## Fruit Jelly

### Ingredients (serves 4)\*

- 3 bottles **Fortisip Compact (strawberry flavour)**
- 1 packet of strawberry jelly (~135g)
- 100ml of boiling water
- 1 handful of mixed berries (optional)



### Method

1. Cut the jelly into cubes and place into a bowl.
2. Add boiling water and dissolve the jelly.
3. Add 3 bottles of **Fortisip Compact**.
4. Mix thoroughly and leave in the fridge to set.

PER SERVE

325  
KCAL

10.7g  
PROTEIN

## Easy Angel Delight®

### Ingredients (serves 2)\*

- 2 bottles **Fortisip Compact**
- 50ml full fat milk
- 1 packet of Angel Delight® or instant dessert powder (~60g)



### Method

1. Pour **Fortisip Compact** and milk into a bowl, add the dessert powder and mix with a whisk or a fork.
2. Pour into a bowl, cover and refrigerate for 5 minutes.

PER SERVE

459  
KCAL

13.5g  
PROTEIN

### TOP TIP:

Try different combinations of dessert powder and flavours of Fortisip Compact.

- Banana flavour mixed with vanilla or chocolate dessert powder
- Vanilla flavour mixed with banana, strawberry, chocolate or butterscotch dessert powder
- Strawberry flavour mixed with strawberry, vanilla, raspberry or chocolate dessert powder
- Mocha flavour mixed with orange, vanilla, chocolate or banana dessert powder

## Mousse

### Ingredients (serves 2)\*

- 1 bottle of **Fortisip Compact (strawberry, vanilla, chocolate or apricot flavour)**
- 200ml double cream
- 20g chocolate milkshake powder
- 7 drops of vanilla essence for vanilla and apricot mousse (optional)



### Method

1. Place milkshake powder into a bowl and pour in the cream.
2. Fold in a bottle of **Fortisip Compact**.
3. Whisk for 30 seconds.
4. Place in 2 serving bowls and refrigerate until set.

PER SERVE

638  
KCAL

7.8g  
PROTEIN

## Vanilla Rice Pudding

### Ingredients (serves 1)\*

- 1 bottle **Fortisip Compact (vanilla flavour)**
- 25g pudding rice
- 75ml full fat milk
- 5g butter
- 10g sugar



PER SERVE

522  
KCAL

16.3g  
PROTEIN

### Method

1. Place milk, butter, sugar and rice in an oven proof dish and bake for 35 min at 170°C (gas mark 3).
2. Add **Fortisip Compact** and stir.
3. Cover dish, place back into the oven for 45 mins at 160°C (gas mark 2)\*\*; take care not to let it boil dry.

**TOP TIP:** Delicious served with sultanas, a sprinkle of sugar or a teaspoon of jam.

## Fruit Smoothie

### Ingredients (serves 1)\*

- 1 bottle of **Fortisip Compact (forest fruit flavour)**
- 100g frozen berries
- 1 scoop of vanilla ice cream
- Crushed ice



PER SERVE

450  
KCAL

15.1g  
PROTEIN

### Method

Blend all ingredients together and pour into a glass.

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## Irish Delight

### Ingredients (serves 1)\*

1 bottle **Fortisip Compact**  
(mocha flavour)

25ml Irish Cream liqueur† (e.g. Baileys™)

Crushed ice

### Method

Mix the Fortisip Compact and Irish Cream liqueur together and pour into a glass over crushed ice.



PER SERVE

382  
KCAL

12.8g  
PROTEIN

**TOP TIP:** For a warm alternative, mix Fortisip Compact and Irish Cream liqueur together (without ice) and microwave for 40 seconds. Do not boil.

## Mocha Malt

### Ingredients (serves 1)\*

1 bottle **Fortisip Compact**  
(mocha flavour)

1 scoop of chocolate or vanilla ice cream

1 teaspoon of Horlicks® powder

### Method

1. Place all ingredients into a blender and mix until smooth.
2. Pour into a glass and serve immediately with a straw.



PER SERVE

462  
KCAL

15.6g  
PROTEIN

\*Allergens may be present, please check individual product and ingredients labels. If concerned about allergens please contact your healthcare professional.

†Please check with your healthcare professional before using recipes containing alcohol.

# Notes

For more information about recipes  
using Fortisip Compact please contact  
the Patient and Carer Helpline on  
08457 623653

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