

## Nutritional supplements available over- the- counter.

When a person's appetite is poor it is important to choose nourishing foods and fluids to prevent or reduce weight loss.

- Aim for five to six small meals a day.
- Choose high protein, high calorie foods such as full cream (blue top) milk, Sandwiches with meat, fish or cheese, peanut butter or eggs.
- Choose full fat, full sugar products (such as yogurts) if usual portions are not being managed.
- Aim for one pint of full fat milk a day. This can be in drinks, cereals and puddings.
- It may be that ready-made meals or easily prepared foods are easier to eat
- Avoid over-facing with large portions – try using a small plate at mealtimes
- Ensure there is enough fluid every day - aim for six to eight glasses a day. Nutritious fluids are better than water, tea and coffee
- Fortify foods with cream cheese, cream, butter or milk powder so that there is more nutrition in each mouthful. This means that although the person may be eating smaller meals, snacks or drinks, they can still get adequate nutrition.

Nutritional supplements can be used when taking regular nutritious meals, snacks and drinks are not resulting in weight gain. Try to include 1 or 2 of these daily. The supplements listed below are available online, from supermarkets, convenience stores and cash and carries nationwide.

Product name	Manufacturer and website	Presentation	Flavours available
AYMES retail	AYMES ( <a href="https://aymes.com/products/aymes-retail">https://aymes.com/products/aymes-retail</a> )	38g powder sachets – 4 sachets in a box	Banana Chocolate Strawberry
Complan retail	Nutricia ( <a href="https://www.complan.com/">https://www.complan.com/</a> )	425 g tub  55 g powder sachet – 4 in a box  4x200ml	Original  Mix at home range: Delicious Banana; Rich Chocolate; Summer Strawberry; Velvety Vanilla.  Complan On the go (ready to drink) Strawberry Vanilla Cappuccino

Meritene Energis Shake	Nestle Health Science ( <a href="https://www.meritene.co.uk/our-products">https://www.meritene.co.uk/our-products</a> )	15x30 g sachets	Chocolate Strawberry Vanilla
Meritene Energis Soup	Nestle Health Science ( <a href="https://www.meritene.co.uk/our-products">https://www.meritene.co.uk/our-products</a> )	10x50 g sachets	Chicken soup Vegetable soup
Meritene Strength and Vitality Shake  <b>Higher protein</b>	Nestle Health Science ( <a href="https://www.nestlehealthscience.com/brands/meritene/meritene-energis">https://www.nestlehealthscience.com/brands/meritene/meritene-energis</a> )	30g sachet	Chocolate Strawberry vanilla, coffee Neutral
Nurishment Original  <b>Higher protein</b>	Grace Foods UK ( <a href="http://www.nurishment.co.uk">www.nurishment.co.uk</a> )	370 ml / 400g can, ready to drink	Banana Chocolate Strawberry Vanilla

Please note: All of the above was correct at the time of production

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