

Which would you rather have twice a day??



OR



Supplement:
300Kcal
18g Protein

**Milkshake made with
fortified milk & double cream.
330Kcal 12g Protein**

**Malted drink/hot chocolate
With fortified milk =
290Kcal, 17g Protein**

**Soup made with
fortified full fat milk
= 280Kcal 14g Protein**

Food based options have a varied taste & better mouth feel with equally good nutrition.

Nutritious snacks: Compares to I juice type supplement (300Kcal, 8g protein)



2 crackers with 1 butter pat (15g) and 30g / 1oz (matchbox size piece) cheese = 200Kcal, 9g protein



Tuna mayonnaise sandwich (1 slice bread, 1.4 tin (40g) tuna, 1 dsp mayonnaise) = 210 Kcal, 9g Protein



Individual cheesecake (90g shop bought) = 245 Kcal, 5g protein



Snack size pork pie (75g) = 284 Kcal 8.1g protein