

**Rather than prescribing 2 of these ...**



Forticreme Complete (125g)  
200kcal, 11.9g protein



Ensure Plus Crème  
171 kcal 7.1g protein



Nutricreme  
225kcal, 12.5g protein

**Advise this ...**

**Choose 1 of these high calorie desserts**



Dr Oetkar pudding in a mug  
(70g) Rich chocolate, chocolate  
chip, sticky toffee  
291- 311Kcal, 7.9-8.5g Protein



Supermarket own branded trifle (135g –  
147g)  
Sherry, raspberry, strawberry, fruit  
cocktail, chocolate, mixed berry  
262 -330Kcal, 3.4- 4.0g Protein



Supermarket own branded sponge  
Puddings (95g-135g)  
Syrup, chocolate, toffee, lemon curd  
310- 491kcal 3.1- 7.3g Protein

**AND one of these High Protein desserts**



Arla protein pouches (200g)  
Strawberry, mango  
148- 150Kcal 20.2g Protein



Skyr Icelandic style yogurt (150g)  
Strawberry, Nordic berries,  
Blueberry, Natural, Honey, sour  
cherry, blueberry and elderberry,  
mixed berry  
98- 114 Kcal 14.1-16.5g protein



Fage total Greek yogurt  
Natural 200g  
186 Kcal 18g Protein

1 x high energy option and 1 x high protein option will provide an average of  
507 calories and 23.4g protein.