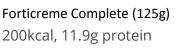
Rather than prescribing 2 of these ...





Advise this ...

Ensure Plus Crème

171 kcal 7.1g protein



Nutricreme 225kcals, 12.5g protein





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.

