

Making the most of nutrition supplements

Nutrition supplement drinks and powders can be used to increase the protein and/or energy (kilojoules) in your diet. This handout includes tips on how to make the most of your supplements. Please note, this is not an exhaustive list of available supplements. Ask your health care provider for advice if you have food allergies or intolerances, or for other supplement examples. Supplements with an asterisk* should not be used as your only source of nutrition.

Powders	Serving Size	Energy per serve (kJ)	Protein per serve (g)	Availability
Full cream milk powder*	30g (4 Tbsp)	615	8	Supermarket
Sustagen*	60g (3 scoops)	240*	3	Supermarket
Sustagen Hospital Formula	60g (3 scoops)	950	14	Pharmacy
Ensure	60g (6 scoops)	1000	9	Pharmacy
Advital	40g (1 scoop)	640	15	Pharmacy

Ready to Drink	Serving Size	Energy per serve (kJ)	Protein per serve (g)	Availability
Sustagen High Protein*	250ml	1040	12	Supermarket
Up&Go*	250ml	800	8	Supermarket
Up&Go Protein Energize*	250ml	870	17	Supermarket
Resource Plus	237ml	1500	13	Pharmacy
Resource 2.0	237ml	2000	20	Pharmacy
Resource Fruit Beverage*	237ml	1000	9	Pharmacy
Fortisip Multifibre	200ml	1300	12	Pharmacy
Fortisip Compact Protein*	125ml	1200	18	Pharmacy
Fresubin Energy Fibre	200ml	1200	12	Pharmacy
Ensure Plus	200ml	1260	12	Pharmacy
Ensure Two Cal HN	200ml	1680	17	Pharmacy

Tips for use:

- Mix supplement powders with milk to increase energy and protein content.
- Fortify foods with supplement powders:
 - Sprinkle over breakfast cereals or ice-cream
 - Mix into yoghurt, custards, dairy desserts or baked items
 - Add neutral flavoured powders to mashed potato, soups, casseroles and sauces
- To vary the taste of your supplement drink, try mixing in flavourings such as ice cream toppings, ice cream, flavoured milk powders or fruit.
- High strength/concentrated variety supplements are stronger and more filling to drink. Try having these in smaller amounts several times throughout the day.
- If supplements are too sweet, add ice, mix with soda water or make into ice blocks.
- See these websites for recipes on fortifying meals
 - Sustagen: <https://www.sustagen.com.au/recipes> or 1800 671 628.
 - Ensure: <https://www.ensure.com.au/recipes> or 1800 225 311.
 - Advital: <https://advital.com.au/recipes/> or +617 3373 3000.

Storing your supplements

- Tins of powder and unopened supplements should be stored in a cool, dry place.
- Supplements are best served cold, so keep a small supply in the fridge.
- If a supplement is not completed, store in the fridge and discard leftovers after 24 hours.

Where to get your supplements

- Local pharmacy. Discount pharmacies may have a cheaper price or weekly supermarket specials.
- There may be opportunity to subsidise your supplements through scripting via hospital or Department of Veterans Affairs (DVA) if you use a large volume of supplements. Discuss this with your dietitian.
- For nationwide home delivery of nutritional supplements and enteral feeding equipment (delivery charges apply – contact your Dietitian for other suppliers):
 - BrightSky – 1300 88 66 01 or www.brightsky.com.au
 - The Wesley Pharmacy – (07) 3371 1754 or <https://www.wesleypharmacy.com.au/patient-service/specialised-products/nutrition/>
 - Independence Australia – 1300 788 855 or <https://store.independenceaustralia.com/nutrition/supplements>

For further information, contact your dietitian or nutritionist _____