

Making the most of nutrition supplements

Nutrition supplement drinks and powders can be used to increase the protein and/or energy in your diet. Ask your dietitian for advice if you have food allergies or intolerances, or for other supplement examples as only some are listed here. Products examples are listed below in no particular order. Supplements with an asterisk* are “nutritionally complete” - this means it can be used to provide all of your nutritional needs in a certain volume.

The following are tips to help increase the energy and protein in your diet using supplement drinks and powders:

- Add protein powders to milk or sprinkle on cereal and dairy desserts.
- Add neutral flavoured powders to mashed potato, soups, casseroles, sauces, yoghurt/custard, or tea/coffee.
- Add flavourings to supplement drinks such as:
 - Flavour essences e.g. coconut, vanilla, or mint
 - Powders like Milo, Nesquik, Akta-Vite, coffee powder, malted milk or drinking chocolate

- Blend with fruit, yoghurt and/or ice cream to make a smoothie.
- If you find the fruity drinks are too sweet, try:
 - Pouring into a cup over ice cubes
 - Blending with a small amount of soda water/lemonade/ginger ale (don't add too much as it will increase the amount of liquid you need to drink!)
 - Pour into ice block moulds and freeze

For more ideas to fortify your foods, obtain a recipe book:

- Sustagen: www.sustagen.com.au
1800 025 361
- AdVital: www.flavourcreations.com.au
(07) 3373 3000

Where to get nutrition supplements:

- Local pharmacy. Try discount pharmacies for a cheaper price.
- You may qualify for a script through a public hospital or the Department of Veterans' Affairs. Your dietitian can discuss this with you.
- For home delivery of supplements and feeding equipment (delivery charges may apply):

- Nutrition Australia Queensland:
(07) 3257 4393
naqlid.org/feeding-supplements/

- Independence Australia:
1300 788 855
store.independenceaustralia.com/

General fluids	Serving size	Energy Provided	Protein Provided	Availability
Skim milk	250ml	375kJ	9g	Supermarket
Full cream milk	250ml	680kJ	8g	Supermarket
Soy Milk	250ml	680kJ	8g	Supermarket
Fruit Juice	250ml	300kJ	0g	Supermarket
Lemonade	250ml	350kJ	0g	Supermarket
Powders	Serving Size	Energy per serve (kJ)	Protein per serve (g)	Availability
Full cream milk powder	30g (4 Tbsp)	615	8	Supermarket
Skim milk powder	30g (4 Tbsp)	440	11	Supermarket
Sustagen Hospital Formula*	60g (3 scoops)	950	14	Pharmacy/Script
Ensure*	60g (6 scoops)	1000	9	Pharmacy/Script
AdVital*	40g (1 scoop)	640	15	Pharmacy/Flavour Creations website
Ready to drink	Serving Size	Energy per serve (kJ)	Protein per serve (g)	Availability
Ensure Plus Juice	220ml	1400	11	Pharmacy/Script
Fortijuce	200ml	1200	8	Pharmacy
Fortisip*	200ml	1200	12	Pharmacy/Script
Fortisip Compact*	125ml	1200	18	Pharmacy/Script
Resource Fruit Flavoured Beverage	237ml	1000	9	Pharmacy
Resource Plus*	237ml	1500	13	Pharmacy/Script
Resource 2.0/Novasource Renal*	237ml	2000	21	Pharmacy/Script
Sustagen	250ml	1000	12	Supermarket/ Pharmacy/Script
Breaka	250ml	800	9	Supermarket
Up&Go regular	250ml	820	8	Supermarket
Up&Go Energize	250ml	860	17	Supermarket