

# Making the most of supplement drinks

## Who needs supplement drinks?

Supplement drinks are designed especially for people who are unwell and need an extra source of nutrition. They are enriched with vitamins, minerals and have additional protein and calories.

When someone is unwell or recovering from injury or an operation, their body needs extra nutrition. It is best to meet nutrition requirements through a normal diet however if unable to do so these drinks provide that extra nourishment. They are also useful for people who have difficulty eating or swallowing. This can lead to weight loss and illness.

It is important to remember that these drinks are only necessary during periods of illness. Once treatment goals have been met, they will no longer be required

## How and when should they be taken?

Supplement drinks are to support normal meals and be a 'top-up' – they should not replace meals. They should be taken between meal times and residents will be advised (usually by a Dietitian) on how many should be taken per day.

Neutral flavours can be used instead of milk to add porridge, milk puddings, custard, rice puddings, sweet or savoury sauces.

Sweet flavours are best served chilled. They can also be frozen to make ice cream or can be served warm. Do not boil.

Fruit juice types can be frozen into ice cubes or ice lollies. Can also be diluted e.g., with lemonade. Remember that this will however increase the volume you need to take.

Recipes are available on company websites.

**\*Please note if you are taking thickened fluids the Supplement drinks will need to be the correct consistency. Check with your Speech Language Therapist or Dietitian for further information**