

Retail Oral Nutritional Supplements and High Energy & Protein Foods

Powdered Products	Presentation	Flavours	Energy per serve (kcal)	Protein per serve (g)
*Complan®	4 x 55g sachets [or] 425g tub	Vanilla, chocolate, strawberry, banana, neutral	387	16
*Meritene Energis®	7 x 30g sachets [or] 270g tub	Vanilla, chocolate, strawberry	238	16
**Huel® Essential	2.2kg bag	Vanilla, chocolate	400	20

*Made with 200ml whole milk. **2 x 50g scoops + 500ml water; vegan

Soups	Presentation	Flavours	Energy per serve (kcal)	Protein per serve (g)
Meritene Soup®	4 x 50g sachets	Chicken, vegetable	207	7

Ready-to-drink*	Presentation	Flavours	Energy per serve (kcal)	Protein per serve (g)*
Nurishment® Original	400g tin	Vanilla, chocolate, strawberry, banana	400	20
Nurishment® Bottle	330ml bottle	Vanilla, chocolate, strawberry, banana	340	18
Huel® Ready-To-Drink	500ml bottle	Chocolate, vanilla, banana, berry, strawberries & cream, iced coffee caramel, salted caramel, cinnamon swirl	400	20-22
Muller x MyProtein Complete Meal	500ml bottle	Chocolate	505	34
BOL power shake (vegan)	410g bottle	Chocolate, vanilla, salted caramel, blueberry	304	25

*For in addition to meals, not to be used as a meal replacement

Skimmed Milk Powder	Preparation	If made with 1 pint (568ml) whole milk		Nutrition	
		Energy (kcal)	Protein (g)	Energy per 200ml serve (kcal)	Protein per 200ml serve (g)
	1 pint of whole milk (568ml) - no powder	375	20	130	7
Marvel® Tesco Asda Morrisons	Add 1 tablespoon skimmed milk powder	430	25	185	13
	Add 2 tablespoons skimmed milk powder	485	31	240	18
	Add 3 tablespoons skimmed milk powder	540	36	295	24
	Add 4 tablespoons skimmed milk powder	595	42	350	29
	Add 5 tablespoons skimmed milk powder	650	47	405	35

Approval date: January 2026

Review Date: January 2028 (or sooner if evidence or practice changes)

Not to be used for commercial or marketing purposes. Strictly for use within the NHS

Energy and protein requirements vary by individual. Please seek advice from a dietitian if required.

Products	Presentation	Serving size	Energy per serve (kcal)	Protein per serve (g)
Avocado	Varies	Half	160	2
Olive Oil	Varies	15ml (1 tbsp)	135	0
Peanut butter	Varies	15g (1 tbsp)	95	4
Tahini	Varies	20g (1 tsp)	115	4
Egg	Medium	60g	88	8
Baked beans	400g tin	200g	150	10
Tofu	Varies	100g	75	8
Hummus	200g	50g	115	3
Retail protein milkshakes	1 carton	250-330ml	170-225	10-20
Milk (dairy, full fat)	Varies	200ml	130	7
Milk (lactose-free)	1 litre	200ml	82	7
Milk (vegan, oat)	1 litre	200ml	120	2
Milk (vegan, soya)	1 litre	200ml	84	7
Milk (vegan, almond)	1 litre	200ml	44	1
Milk (vegan, pea)	1 litre	200ml	50	4
Hard cheese (dairy, i.e. cheddar)	1 block	30g	123	8
Hard cheese (lactose-free)	1 block	30g	125	8
Hard cheese (vegan)	1 block	30g	102	0.1
Soft cheese (dairy)	200g	30g	70	1
Soft cheese (lactose-free)	200g	30g	66	3
Soft cheese (vegan)	150g	30g	70	1
Greek style yoghurt (dairy, full fat)	500g / 1L tub	100g	100	4
Greek style yoghurt (lactose-free)	400g	100g	132	6
Greek style yoghurt (vegan, soya)	400g tub	100g	70	6
Greek style yoghurt (vegan, oat)	400g tub	100g	145	3
Custard (dairy)	400g tin	130g	125	4
Custard (vegan, oat)	250ml	125ml	85	1
Cream (dairy, single)	Varies	30ml	58	1
Cream (lactose-free)	250ml	30ml	114	1
Cream (oat)	250ml	30ml	45	0.3
Ice-cream (dairy)	Varies	100ml	160	2
Ice-cream (vegan, soya)	Varies	100ml	100-170	1

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South East London Integrated Medicines Optimisation Committee (SEL IMOC). A partnership between NHS organisations in South East London Integrated Care System: NHS South East London (covering the boroughs of Bexley/Bromley/Greenwich/ Lambeth/Lewisham and Southwark) and GSTFT/KCH /SLaM/ Oxleas NHS Foundation Trusts and Lewisham & Greenwich NHS Trust