

## OVER THE COUNTER SUPPLEMENTS

Powdered Products	Presentation	Flavours	Energy per serving (kcal)	Protein per serving* (g)
AYMES <sup>®</sup>	4 x 38g sachets	V,C,S,B	265	15
Complan <sup>®</sup>	4 x 55g sachets or 425g Tub	V,C,S,B,N	387	16
Meritene Energis <sup>®</sup>	7x 30g sachets or 270g tub	V,C,S	238	16

\* Made with 200ml full cream milk

Soups	Presentation	Flavours	Energy per serving (kcal)	Protein per serving* (g)
AYMES <sup>®</sup>	7 x 57g sachets	Ch, Veg	250	9
Complan <sup>®</sup> soup	4 x 55g sachets	Ch	243	9
Meritene <sup>®</sup> soup	4 x 50g sachets	Ch,Veg	207	7

Ready to drink	Presentation	Flavours	Energy per serving (kcal)	Protein per serving (g)
Nurishment <sup>®</sup> original	400g tin	V,S,C,B	384	20
Nurishment <sup>®</sup> Extra	310ml bottle	V,S,C,B	289	13
Nurishment <sup>®</sup> Active	500ml bottle	V,S,C	464	35
Complan <sup>®</sup> on the go	4 x 200ml	V,S,Cap,B	208	10

Skimmed Milk powder	Preparation	If made with 1 pint (568ml) full fat milk		Nutrition	
		Energy (kcal)	Protein (g)	Energy per 200ml serving (kcal)	Protein per 200ml serving (g)
	1 pint of full fat milk (568ml)	375	19.9	130	7.2
Marvel <sup>®</sup> Nido <sup>®</sup> Tesco <sup>®</sup> Asda <sup>®</sup> Morrisons <sup>®</sup>	Add 1 tablespoon of skimmed milk powder	430	25.4	185	12.7
	Add 2 tablespoons of skimmed milk powder	485	30.9	240	18.2
	Add 3 tablespoons of skimmed milk powder	540	36.4	295	23.7
	Add 4 tablespoons of skimmed milk powder	595	41.9	350	29.2
	Add 5 tablespoons of skimmed milk powder	650	47.4	405	34.7

Approval date: March 2022

Review date: March 2024 (or sooner if evidence or practice changes)

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

## High Calorie (kcal) Vegan and Lacto Free Options

Products	Presentation	Flavours	Energy per serving (kcal)	Protein per serving* (g)
Oatly®	1 litre milk	N, C	118	2
	150g cream spread	N	233	3.2
	250ml custard	V	168	0.8
	400g yogurt	S	101	1.4
	500ml ice-cream	MC, C	232	1.2
Arla®	1 litre lactofree milk	N	112	6.7
	250ml cream	N	346	2.3
	200g cheese	N	117	7.65
	200g soft cheese	N	199	8.7
	400g yogurt	N	59	4.3
Ben and Jerry®	465ml tub	FB	218	2.9
Gu®	2 x 60g ramekin	C mousse with ganache	245	2.8
	2 x 92g ramekin	L cheesecake	330	1.7
	2 x 82g ramekin	C and V cheesecake	320	2.4
	2 x 83g ramekin	SC cheesecake	287	1.3
Whole Earth®	454g jar peanut butter	N	96	4.1
Olive Oil	1 litre	N	123	0
Avocado	100g blended	N	197	1.9

Flavours: V= vanilla, C=chocolate, S=strawberry, B=banana, N=neutral, Cap= cappuccino Ch= chicken, Veg= vegetable, SC= salted caramel, MC= mint chocolate, FB= fudge brownie

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