

# USING PROSOURCE TO FORTIFY FOOD ON THE WARD

ProSource products can be mixed into a number of hot or cold, foods and drinks. For patients who have been prescribed a ProSource product, the following suggestions demonstrate how these can be incorporated into their meals, snacks and drinks.

## Mix ProSource Plus or Liquid with...



Soup Neutral ProSource recommended



Porridge



Yogurt



Rice pudding



Custard



Ice cream



Squash or juice



Hot water

## Try serving ProSource Jelly with...



Cream



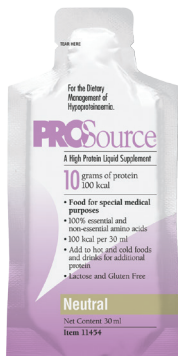
Ice cream



Plain yogurt



Custard



**10g PROTEIN**  
**100 CALORIES**

Neutral, Orange Crème and  
Citrus Berry flavours



**15g PROTEIN**  
**100 CALORIES**

Neutral, Orange Crème and  
Citrus Berry flavours



**20g PROTEIN**  
**90 CALORIES**

Orange, Lime, Fruit Punch and  
Blackcurrant flavours

When adding ProSource products into other foods or drinks, good food safety and storage practices should always be followed.

ProSource Plus, ProSource Liquid and ProSource Jelly are Foods for Special Medical Purposes for the dietary management of hypoproteinaemia and must be used under medical supervision.

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