

SUPPORTING FOOD FORTIFICATION USING PROSOURCE



A Guide for Patients

This booklet demonstrates ways in which ProSource products can be easily incorporated into everyday foods and drinks, to support food fortification.

Food fortification is commonly recommended as part of a food first approach. In some cases making changes to your diet using normal foods and drinks may be insufficient to meet your full nutritional requirements, in which case nutritional supplements may be helpful.

ProSource products are high protein supplements that can help to boost the protein content of your usual diet.

Please check with your healthcare professional that the recipe suggestions and usage ideas provided in this booklet are suitable for you.

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

All protein and calorie values shown are estimates only and values will vary between brands.

*ProSource Plus, ProSource Liquid and ProSource Jelly all contain **milk** (from whey protein). Please be aware that some recipe suggestions and usage ideas contain common allergens (e.g. peanuts). Please refer to labels for full allergen information.*

The information in this booklet is intended for patients who have been recommended ProSource Plus, ProSource Liquid or ProSource Jelly by a Healthcare Professional.

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.

WHAT IS A FOOD FIRST APPROACH?

Put simply, a food first approach is a way of increasing an individual's nutritional intakes, by adapting their usual diet, using normal foods and fluids. This can be useful when dietary intakes are reduced, for example due to lack of appetite, or when nutritional requirements are increased.

4 Food-based strategies commonly used to support this approach include:

- 1.** Eating little and often
- 2.** High energy/protein snacks
- 3.** Nourishing drinks
- 4.** Food fortification

UNDERSTANDING THESE 4 FOOD-BASED STRATEGIES

1 Eating little & often

If your appetite is reduced, larger meals may seem overwhelming and can be off putting. Having smaller, more frequent meals and snacks throughout the day may be more manageable and increase your overall intake. Instead of having three main meals during the day, aim to have five or six smaller meals or snacks.

2 High energy / protein snacks

Having nourishing snacks in between meals can be helpful for adding energy and protein into your diet.

Examples of nourishing snacks include:

- Full fat yoghurt
- Cheese and biscuits
- Custard
- Dried fruit and nuts
- Toast with jam or peanut butter
- Cakes and biscuits

3 Nourishing drinks

Including smoothies, milkshakes, fruit juices and milk based hot drinks such as hot chocolate, malted drinks and milky coffee can be a good way of boosting nutritional intake. Choose full-fat milk where possible. Dairy free milks are often lower in energy and protein than cows milk. If choosing dairy free milk, oat, soya and rice milk can be higher energy choices than other dairy free milks, and soya milk has a similar protein content to cow's milk.

4 Food fortification

Food fortification involves adding extra ingredients into normal foods and fluids to add extra calories and protein. It is a way of increasing the nutritional content of your diet, without significantly adding to the volume.

FOOD FORTIFICATION

The table below lists options which can be used to fortify meals, snacks or drinks in order to provide additional nutrition.

Food	Amount	Energy (kcal)	Protein (g)
Cheddar cheese	30g (small matchbox size)	125	8
Peanut butter	1 tbsp (15g)	95	4
Skimmed milk powder	1 tbsp (12g)	42	4
Ground almonds	1 tbsp (12g)	76	3
Butter	1 tsp (5g)	37	0
Double cream	1 tbsp (15g)	70	0
Olive oil	1 tbsp (11g)	99	0
Honey	1 tbsp (15g)	49	0

Here are some examples of how these ingredients can be integrated into your diet...

1. Add cheese and butter to pasta, potato or egg based dishes
2. Thickly spread butter or margarine on sandwiches, toast, crumpets or scones
3. Add grated cheese and / or double cream to soup
4. Drizzle olive oil over vegetables and salads
5. Add peanut butter or avocado to smoothies and milkshakes
6. Add ground almonds and honey to porridge, cereal or yogurt
7. To fortify milk, add four tablespoons of skimmed milk powder to a pint of whole milk. Use this in place of your usual milk throughout the day, for example in tea and coffee, porridge and on cereals

HOW DO PROSOURCE PRODUCTS SUPPORT FOOD FORTIFICATION?

In some cases, using a food first approach may not be enough to meet an individual's full nutritional requirements, and oral nutritional supplements (ONS) may be needed.

Some ONS are nutritionally complete, providing all nutrients the body needs, whilst others focus on one particular nutrient, such as protein. These are known as modular supplements.

ProSource products are modular supplements that focus on providing additional protein in low volumes, and can be added to a variety of foods and drinks.

ProSource products can therefore be used to support food fortification, increasing the protein content of the diet whilst allowing individuals to continue to consume their favourite foods and drinks.

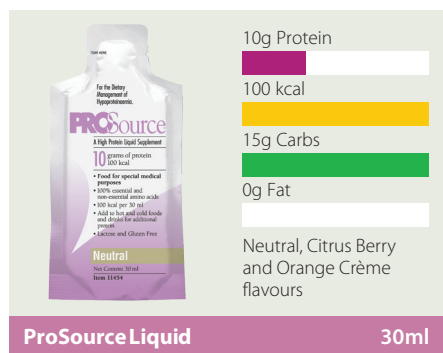


THE PROSOURCE ORAL RANGE

The oral range of ProSource products come in liquid and jelly versions in a variety of different flavours. All products are ready to use and can be taken straight from the pack, or they can be added to different foods and drinks.

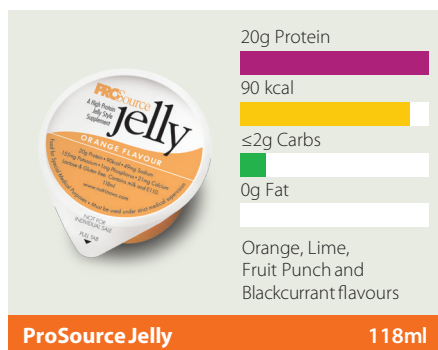
ProSource Liquid and ProSource Plus

Low volume, liquid supplements that mix well with hot or cold foods and drinks. Available in a Neutral flavour to support the fortification of savoury foods.



ProSource Jelly

A jelly style product that can be eaten on its own, served alongside other foods or used similarly to a seedless jam. ProSource Jelly is made in such a way that it may be suitable for those who experience swallowing difficulties.* Once opened, if not consumed immediately, store in a refrigerator and consume within 24 hours.



*ProSource Jelly has been independently classified as an IDDSI level 4 product.

HOW TO INCORPORATE PROSOURCE INTO YOUR DAILY DIET

The following pages will give you some ideas of how you can incorporate ProSource products into your usual diet.

Breakfast Ideas

Porridge

Once you have prepared your porridge, simply stir through a sachet of ProSource Plus or Liquid, then add toppings of your choice.

Overnight Oats

For a cold oat based breakfast, mix together yogurt, milk and oats and place in a container in the fridge overnight (see recipe suggestion for quantities). In the morning, stir in a sachet of ProSource Plus or Liquid, then add extra toppings such as fruit or nuts.

Top tip: Try using ProSource Plus Citrus Berry to make your overnight oats, and top with mixed berries.

ProSource Jelly on Toast, Crumpets or with Pastries

ProSource Jelly can be used like a jam and spread on a variety of baked products, such as toast, crumpets and croissants.

Top tip: Spread ProSource Jelly Orange generously onto buttered toast in place of marmalade.

Cereal and Yogurt

Stir a sachet of flavoured ProSource Plus or Liquid into greek or natural yogurt. This can be eaten on its own or added to cereals such as granola or muesli.

Pancakes

Top pancakes with a spoonful of greek yogurt and some berries, then, drizzle over a sachet of ProSource Plus or Liquid.

Overnight Oats Recipe suggestion

Serves 1 (459kcal, 27g protein per serving)



Ingredients

- 1 sachet ProSource Plus Neutral
- 30g rolled porridge oats
- 50ml whole milk
- 1 large tbsp natural yogurt
- 1 tsp cinamon
- 1 small chopped banana
- 1 tsp honey
- 1 tbsp peanut butter

Method

Step 1

Mix together your milk, oats, yogurt and cinnamon and place in a container in the fridge overnight

Step 2

The next morning, transfer your overnight oats into a bowl, stir in the ProSource Plus Neutral and top with chopped banana, peanut butter and honey



Serving suggestion

Savoury Ideas

ProSource Plus or Liquid Neutral can be added to sauce based savoury dishes such as curries, dahls, stews or sweet and sour. Simply stir a sachet into your portion once prepared.

Sauces

ProSource Plus or Liquid Neutral can be mixed into preheated sauces such as gravy or curry sauce. These can then be incorporated into your meal.

Soup

Mix a sachet of ProSource Plus or Liquid Neutral into your soup before serving. Try this idea with cream of tomato soup.

Baked Beans

Heat baked beans, stir in a sachet of ProSource Plus or Liquid Neutral. To create curry or BBQ flavoured baked beans add 1 tsp of either curry powder or BBQ sauce. Serve on buttered toast or as part of a meal.



Macaroni Cheese Recipe suggestion

Serves 1 (767kcal, 37g protein per serving)



Ingredients

- 1 sachet ProSource Liquid Neutral
- 60g macaroni (uncooked weight)
- 12g butter
- 10g plain flour
- 125ml whole milk
- 40g extra mature cheddar cheese
- grated
- 10g parmesan cheese - grated
- 1 tsp Dijon mustard
- Salt and pepper

Method

Step 1

Preheat your oven to 200°C

Step 2

Cook the macaroni in a pan of boiling water for 6 minutes, drain and set aside

Step 3

Melt the butter in a pan over a medium heat, add the flour and stir to form a paste

Step 4

On a low heat, add in the milk a little at a time and keep stirring. Once all combined, add the ProSource Liquid Neutral, mustard, salt and pepper and mix well

Step 5

On a medium heat simmer for 5 minutes, stirring continuously. Remove from the heat and mix in the parmesan and about half the cheddar cheese, stir until combined and melted

Step 6

Mix the macaroni into the cheese sauce and transfer into an oven proof dish. Sprinkle the remaining cheese on top along with some pepper

Step 7

Place in the oven for 20 minutes or until the cheese is browned, then serve



Serving suggestion

Dessert/Snack Ideas

For a simple dessert or snack, ProSource Plus or Liquid can be mixed into custard, yogurt or rice pudding, or drizzled over ice cream.

ProSource Jelly can be served with hot or cold custard, greek yogurt, ice cream or double cream.

Simple One Bowl Trifle

Break up a small fairy cake or slice of madeira sponge and place in the bottom of a bowl. Empty one cup of ProSource Jelly on top, followed by custard and whipped cream.

Scone

Slice a scone in half and top with butter or clotted cream. Then add a generous spoonful of ProSource Jelly Fruit Punch or Blackcurrant.

Fruit Ice Lollies

For a refreshing option, ProSource Plus or Liquid can be mixed with fruit juice and frozen into an ice lolly mould.

Fruit Salad

ProSource Jelly can be broken up and added to a fruit salad, whilst flavoured ProSource Plus or Liquid can be drizzled over and used as an alternative to a light syrup.

Eton Mess

Mix together sliced strawberries, whipped cream and a broken up meringue nest. Then add a sachet of ProSource Plus Citrus Berry or a cup of ProSource Jelly Fruit Punch.

Fruit Crumble

Mix a flavoured sachet of ProSource Plus or Liquid into your fruit mixture before adding your crumble topping.

Pancakes Recipe suggestion

Serves 1 (534kcal, 30g protein per serving)



Ingredients (Makes 3 pancakes)

- 1 sachet ProSource Plus Orange Crème
- 1 medium egg
- 100ml whole milk
- 40g plain flour
- 1 tsp oil (plus extra for frying)
- Caster sugar and lemon juice to serve



Serving suggestion

Method

Step 1

Add your flour, milk, egg and oil into a jug and whisk into a smooth batter

Step 2

Mix the ProSource Plus Orange Crème into the mixture

Step 3

Lightly grease a frying pan with oil and set over a medium heat

Step 4

Add about 1/3 of your mixture to the pan and cook on each side for a minute or two, or until golden brown. Repeat until you have used up all of your mixture

Step 5

Serve your pancakes with lemon juice and caster sugar

SUPPORTING HYDRATION

As well as mixing well with a variety of everyday foods, ProSource Plus and Liquid can also be added into many hot and cold drinks. This can support you to consume your favourite drinks, ensuring you stay hydrated, whilst also boosting your nutritional intake.

Drinks Ideas

Juices and Squashes

Stir ProSource Plus or Liquid into fruit juice or squash. Try adding ProSource Plus Citrus Berry to blackcurrant squash.

Fizzy Drinks

ProSource Plus or Liquid can be mixed into carbonated drinks. Try adding flavoured sachets into sparkling water, or ProSource Plus Neutral into ginger beer for a stronger flavour drink.

Top tip: Mix a sachet of ProSource Plus Neutral or Orange Crème with lime and mint cordial and top up with soda water. Serve over ice for a refreshing summer drink.

Hot Drinks

Add a sachet of flavoured ProSource Plus or Liquid to a cup of hot water to make a simple fruit tea. ProSource Plus or Liquid can also be added to herbal teas, or hot cordial drinks such as blackcurrant.

Savoury Drinks

If you prefer a savoury drink, try mixing a sachet of ProSource Plus or Liquid Neutral into yeast or beef extract diluted in hot water.

Milkshakes and Smoothies

Stir ProSource Plus or Liquid into homemade or shop-bought milkshakes or smoothies.

Smoothie 'Plus' Protein Recipe suggestion

Serves 1 (245kcal, 23g protein per serving)



Ingredients

- 1 sachet of ProSource Plus Citrus Berry
- 80g frozen berries
- 80g full fat natural yogurt
- 80ml whole milk

Method

Step 1

Blend together your frozen berries, yogurt and milk using a blender or smoothie maker

Step 2

Pour into a glass and stir in the ProSource Plus Citrus Berry



Serving suggestion

BOOSTING NUTRITIONAL CONTENT USING PROSOURCE PRODUCTS

The table below shows examples of how ProSource products can be used to boost the protein content of your diet

Breakfast	
Bowl of porridge made with whole milk 322kcal, 13g protein	→ Add 1 sachet ProSource Plus 422kcal, 28g protein
1 slice of medium white toast with butter and marmalade 160kcal, 3g protein	→ Replace marmalade with 1/4 pot of ProSource Jelly Orange 142kcal, 8g protein
Small Meals	
Bowl of tomato soup 105kcal, 2g protein	→ Add 1 sachet ProSource Plus Neutral 205kcal, 17g protein
1/2 tin baked beans on 1 slice of wholemeal toast with butter 313kcal, 15g protein	→ Add 1 sachet ProSource Plus Neutral 413kcal, 30g protein
Snacks	
1 small scone with clotted cream and jam 391kcal, 4g protein	→ Replace jam with 1/4 pot ProSource Jelly Blackcurrant 367kcal, 9g protein
Portion of natural yogurt with honey 149kcal, 7g protein	→ Replace honey with 1 sachet ProSource Liquid Orange Crème 200kcal, 17g protein
Drinks	
Glass of pineapple juice 76kcal, 0g protein	→ Add 1 sachet ProSource Plus Neutral 176kcal, 15g protein
Glass of sparkling water 0kcal, 0g protein	→ Add 1 sachet ProSource Plus Citrus Berry 100kcal, 15g protein


Notes

Notes



For further information: visit our patient resource centre at: www.nutrinovo.com/patient-resources/ or call the Nutrinovo Helpline on: **01249 691301**



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