

Nutritional Supplements & Recipes

Eating can change with disease progression. There are ways to boost the number of calories you take in without having to eat more food. Commercially made nutritional supplements are available at pharmacies and grocery stores. Your hospice benefit does not pay for nutritional supplements. The following suggestions and recipes can help add calories with common ingredients:

Fortified Milk

- 1 cup powdered milk to 1 quart whole milk
- Use fortified milk in shakes, puddings, sauces, etc.

Instant Breakfast

- Variety of flavors
- Add ice cream, whipped cream, or use fortified milk

Instant Puddings

- Add whipped cream
- Use as a thickener in milk drinks

Instant Potato Flakes

- Add to cream soups for more calories and/or thickening

Fruit Purees or Baby Food Fruits

- Use applesauce to thicken fruit juices
- Add blended fruits to shakes or instant breakfast
- Freeze juices in ice cube trays to use in tea, lemonade, etc.

Sweeteners (to change taste and add calories)

- Add extra sugar to tea, juices, jello
- Use condensed sweetened milk in hot drinks
- Use Karo syrup or honey in food or drinks
- Use crushed up candy bars in milkshakes to increase calories

Thickened Liquids

- Thickened liquids move down the throat slowly and help to avoid choking
- Instant puddings, instant potato flakes, applesauce, jello or gelatin may be added to foods/fluids
- Jello can be allowed to warm to room temperature, stir gently and serve as a thickened liquid

Recipes

Strawberry Delight

- 1/3 cup strawberry drink mix
- ¼ cup applesauce
- Vanilla ice cream

Mix drink mix with applesauce then stir in the ice cream.

Strawberry Twist

- ¼ cup strawberry drink mix
- 1 tablespoon lemon juice
- 1/3 cup cold water

Stir briskly and add 2 scoops of lemon sherbet.

Pudding Shake

- 1 box instant pudding (any flavor), Mix with milk per package instructions
- Add 1 cup ice cream

Blend. Thin with more milk if desired.

Orange & Pineapple Slush

- 1 pint orange sherbet
- 3 cups orange/pineapple juice

Blend with crushed ice.

Chocolate Peanut Butter Mixer

- 1/3 cup quick chocolate flavored drink mix
- 1 tablespoon peanut butter
- ¼ cup fortified milk
- Vanilla ice cream

Blend together.