

Retail Oral Nutritional Supplements and High Energy & Protein Foods

Powdered Products	Presentation	Flavours	Energy per serve (kcal)	Protein per serve (g)*
Aymes®	4 x 38g sachets	Vanilla, chocolate, strawberry, banana	265	15
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

*Made with 200ml whole milk

Soups	Presentation	Flavours	Energy per serve (kcal)	Protein per serve (g)
Aymes®	7 x 57g sachets	Chicken, vegetable	250	9
Complan Soup®	4 x 55g sachets	Chicken	243	9
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	384	20
Nurishment® Extra	310ml bottle	Vanilla, chocolate, strawberry, banana	289	13
Nurishment® Active	500ml bottle	Vanilla, chocolate, strawberry	464	35

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: August 2024

Review Date: August 2025 (or sooner if evidence or practice changes)

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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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