

## Tips for patients using powdered products

1. Use the scoop provided so that the correct amount of powder is used
2. Sustagen Hospital Formula and Ensure powder can be mixed with either water or milk  
(preferably whole or full fat milk)
3. Mix using a spoon, fork, shaker, whisk or blender until the powder has dissolved – it may be easier to mix if the water/milk is added to the powder, rather than vice versa

Once mixed, it can be drunk straight away. Any leftover mixture can be covered and placed in the fridge for up to 24 hours. After 24 hours it should be thrown away.

Powdered products can be mixed with other food:

- Add other flavours, e.g. milkshake flavours, Milo, coffee or drinking chocolate
- Make a thick-shake by adding 2 teaspoons of instant pudding powder
- Make a hot drink by heating gently – but do not boil

Make a fruit smoothie by blending the made up mixture with:

- 1 banana and 2–3 tablespoons of ice cream or yoghurt
- ¼ cup of canned fruit and 2–3 tablespoons of ice cream or yoghurt
- ¼ cup of frozen berries

