

Community Children's Nursing Service (CCNS)

Nutrition and Dietetics

East London Foundation Trust

Contact details:

Telephone Number: 02037387063

Dietitians Email: elft.scyps-community-dietitians@nhs.net

Tell us what you think (We would appreciate and welcome your feedback to continually improve our services.

Your responses will be kept confidential).

References:

Www.

Production date:

Review Date:

Information for Parents and Carers

Getting the most out of oral nutritional supplements



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Appleby Health Centre | 63 Appleby Road | Canning Town | E16 1LQ

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Top tips continued:

In winter: Many can be used to make hot drinks. You can add cream, syrups, marshmallows, sprinkles, crushed biscuits etc. on top.

In summer: Freeze the drinks into lolly holders/ice-cubes.

Serve it as ice-cream with high calorie toppings on top (syrups, crushed chocolate bars, fudge or sprinkles)

If your child gets tired of a flavour you can ask your pharmacy/ GP/dietitian) to order different flavours.

There are many websites and recourses online for recipes and creative ways to use supplements. You can always start by searching for recipes for the brand your child uses.

Supplements can be stirred into warm food or by placing the bottle in a bowl of hot water. This way they maintain the most nutrition.

If your child refuses their supplement on most days, please contact your dietitian to discuss if there are any other options to try. Some samples may be sent out to test different flavours or formats.

Check with your dietitian if your child still needs to take a daily multivitamin and mineral supplement. It is important they don't take too much of some vitamins.

Mix the supplements into their porridge/cereals (can be great for overnight oats)

Neutral flavours can be useful to mix into pasta sauce, soups, stews, curries, breakfasts, scrambled egg, omelette, pancakes etc.