

## HIGH ENERGY, HIGH PROTEIN ORAL SHOTS



Oral shots are a simple way to provide lots of calories and/or protein in a small volume, using everyday foods.



Oral shots are typically taken at 4 occasions throughout the day, as a supplement to the diet.

Oral shots can be taken at medicine time.

Note: oral shots are not suitable for individuals with dysphagia (swallowing difficulties).



### SINGLE INGREDIENT ORAL SHOTS

4x 30ml = 120ml total

<u>Evaporated Whole Milk</u>	<u>Luxury Custard</u>	<u>Condensed Whole Milk</u>	<u>Double Cream</u>	<u>Luxury Melted Vanilla Ice Cream</u>
199 kcals	236 kcals	372 kcals	595 kcals	314 kcals
10g protein	3.9g protein	8.9g protein	1.9g protein	5g protein



### “PUDDING-INSPIRED” FLAVOURED ORAL SHOTS



<u>“Bakewell Tart”</u>	<u>“Sticky Toffee Pudding”</u>	<u>“Lemon Sponge”</u>
<ul style="list-style-type: none"> <li>• 120ml double cream</li> <li>• 2 tablespoons raspberry milkshake syrup</li> <li>• 1 drop almond extract</li> </ul> <p>Add the raspberry milkshake syrup and almond extract to the double cream. Stir until mixed. Keep chilled.</p>	<ul style="list-style-type: none"> <li>• 120ml condensed whole milk</li> <li>• 2 teaspoons toffee sauce</li> </ul> <p>Mix toffee sauce with splash of water to a smooth, thin paste. Add all the condensed whole milk and stir until smooth. Keep chilled.</p>	<ul style="list-style-type: none"> <li>• 120ml luxury melted vanilla ice cream</li> <li>• 2 teaspoons lemon curd</li> </ul> <p>Add the lemon curd into the luxury melted ice cream. Stir until mixed. Keep chilled.</p>

**References:** BAPEN (2016) Oral Nutritional Supplements; Public Health England (2015) McCance and Widdowson’s composition of foods integrated dataset

Created by Alice (student dietitian, 2018)