



Enhancing Lives Together



IDEAS REGARDING HOW TO USE PRO-CAL SHOT WHILST FOLLOWING A RENAL DIET



Pro-Cal *shot* can help boost your energy and protein intake

WHAT IS PRO-CAL SHOT?

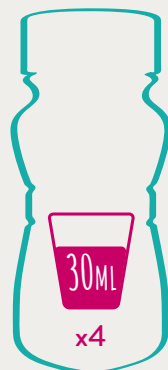
Pro-Cal shot is an oral nutritional supplement which can be used to provide additional energy (calories) and protein at times of illness, when your appetite is reduced or when you have experienced unintentional weight loss. It is for the dietary management of disease related malnutrition.

PRO-CAL SHOT CAN BE:

1. TAKEN IN SMALL VOLUMES

For example:

4 x 30ml



120ml
bottle

2. ADDED TO EVERYDAY FOODS AND DRINKS



For these serving suggestions

1 shot = 30ml

BREAKFAST IDEAS

Add 1-2 shots of **Pro-Cal shot (neutral flavour)** to:

- **Cereals such as cornflakes, puffed rice and wheat biscuits:** mix into milk and pour onto cereal.
- **Porridge:** stir in once prepared.
- **Scrambled eggs / omelette:** mix with the eggs and then cook the scrambled eggs / omelette as usual.

LUNCH IDEAS

Add 1-2 shots of **Pro-Cal shot (neutral flavour)** to:

- **Sandwiches and pasta:** mix into a portion of salmon (tinned in oil) or tuna (tinned in water or oil) and use as a filling for sandwiches or add to pasta.
- **Cream cheese:** add to cream cheese and use as a spread, dip or pasta sauce. Alter the consistency to suit your preference by adjusting the amount of **Pro-Cal shot** added.
- **Mayonnaise or salad cream:** mix into suitable condiments such as mayonnaise and salad cream and add to sandwiches or use as a dip with meals.

EVENING MEAL IDEAS

Add 1-2 shots of **Pro-Cal shot (neutral flavour)** to:

- **Mashed potato:** boil the potatoes in plenty of water and then discard the water used. Add Pro-Cal shot to the potatoes and mash.
- **Gravy:** add 1 shot to a portion of prepared gravy.
- **Sauces:** add to curry or parsley sauce.



Remember to include gravy and any sauces within your daily fluid allowance.

SNACK / DESSERT IDEAS

Add 1-2 shots of **Pro-Cal shot** (neutral, strawberry or banana flavour) to:

- **Yoghurt, custard, ice cream or rice pudding**
- **Whipped double cream**
- **Cheesecake:** mix with cream cheese and icing sugar then serve on crushed biscuits.
- **Fruit Mousse:** mix with 30ml - 60ml of whipped double cream. Stir in 90g of pureed tinned fruit (in syrup, drained). Add sugar to taste and chill before serving.
- **Meringues:** mix with double cream and add to the meringue nest.

Freeze Pro-Cal shot in ice lolly moulds or ice cube trays. This is a great way to quench your thirst.



DRINKS IDEAS

You can make smoothies and milkshakes using **Pro-Cal shot**:

- **Smoothie:** add 1-2 shots of Pro-Cal shot (neutral, strawberry or banana flavour) to natural yoghurt and blend with suitable fruit.
- **Milkshake:** add 1-2 shots of Pro-Cal shot (neutral, strawberry or banana flavour) to milk (from your daily allowance) and mix well.

If you are following a potassium restricted diet, ask your dietitian which fruits are permitted.

My daily allowance of dairy food is:

You can also add **Pro-Cal shot** to other drinks:

- **Tea:** add Pro-Cal shot (neutral flavour) to milk and then add this to a cup of tea. Alternatively, use Pro-Cal shot instead of milk in your cups of tea.

Please always check with your **Healthcare Professional** that these serving hints are suitable for you.

A woman with dark hair and a warm smile is looking down at a document on a wooden table. She is wearing a light-colored, patterned button-down shirt. The background is a bright, out-of-focus kitchen or home office. A white circular graphic element is overlaid on the bottom left of the image, containing the text.

HOW MUCH PRO-CAL SHOT SHOULD I TAKE?

Please speak with your Healthcare Professional regarding how much **Pro-Cal shot** you should take each day.

THREE GREAT FLAVOURS

**BANANA
FLAVOUR**



**NEUTRAL
FLAVOUR**



**STRAWBERRY
FLAVOUR**

ADDITIONAL INSTRUCTIONS

For further information about **Pro-Cal shot** call the Vitaflo Nutritional Helpline on: **+ 44 (0) 151 702 4937**

Pro-Cal shot is a Food for Special Medical Purposes and must be used under medical supervision. Suitable from 3 years of age onwards.

Pro-Cal shot contains **Milk** (Milk protein, lactose) and **Soya** (Soya lecithin).



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