



# HOW MUCH PRO-CAL POWDER SHOULD I TAKE?

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

## ADDITIONAL INSTRUCTIONS

Lined area for additional instructions.

For more information about nutrition support and Pro-Cal, including recipe ideas and resources.



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

**Pro-Cal powder** contains **Milk** (milk protein, skimmed milk powder).

For all recipes, please refer to labels for allergen and other product information.

For any queries regarding **Pro-Cal powder**, please call +44 (0)151 709 9020



Enhancing Lives Together

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## AN EASY WAY TO BOOST THE ENERGY & PROTEIN CONTENT OF EVERYDAY FOODS



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

## WHAT IS PRO-CAL POWDER?

**Pro-Cal powder** is a powdered, neutral-tasting oral nutritional supplement that can be added to a variety of foods and drinks to increase their energy (calorie) and protein content.

## WHY USE PRO-CAL POWDER?

**Pro-Cal powder** 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.

## HOW DO I USE PRO-CAL POWDER?

This leaflet provides ideas on how you can use **Pro-Cal powder** with everyday foods and drinks. Each of the ideas uses 1-2 sachets of **Pro-Cal powder**.

**Pro-Cal powder** should be freshly prepared with food and drink items and consumed immediately. If this is not possible, all prepared product recipes should be tightly covered, refrigerated and consumed within 24 hours.

One sachet (15g) provides  
100kcal & 2g protein.



## BREAKFAST IDEAS

### Higher energy milk

Mix **Pro-Cal powder** and a small amount of milk (approximately 30ml or 2 tablespoons) to form a 'paste'. This paste can then be mixed into a larger volume of milk, stirring it in well. Use this milk on cereals and in drinks throughout the day. Store the milk in a sealed container in the refrigerator. Stir well before use. Discard within 24 hours.

#### Top tip:

Use full cream milk instead of skimmed or semi-skimmed milk as this contains more energy (calories).



### Porridge

Prepare your porridge as directed in the manufacturer's instructions, then stir in **Pro-Cal powder** until fully mixed in.

## LUNCH IDEAS

### Soups

Add **Pro-Cal powder** to warm soup and stir in well.



### Cream Cheese

Add **Pro-Cal powder** to cream cheese and stir in well.

### Mayonnaise / Salad Cream

Stir **Pro-Cal powder** into mayonnaise / salad cream for sandwiches or jacket potato fillings e.g. tuna or egg.

### Scrambled eggs / omelette:

Mix **Pro-Cal powder** with the eggs and then cook the scrambled eggs / omelette as usual.

#### Top tip:

Try using cream based sauces as they are often higher in calories compared to tomato based sauces.

## EVENING MEAL IDEAS

### Casseroles, Stews, Curries and Macaroni Cheese

Sprinkle **Pro-Cal powder** onto the meal and stir in gently until it is fully mixed in.

### Mashed Potatoes

Add **Pro-Cal powder** to the mashed potato and stir in well.

### Pesto

Add **Pro-Cal powder** to pesto and stir in well.

### Sauces

Add **Pro-Cal powder** to the sauce and stir gently.

### Baked beans / Tinned spaghetti

Warm baked beans or tinned spaghetti on a low heat. Then add **Pro-Cal powder** and stir gently until it is fully mixed in.

Please check with your Healthcare Professional that the ideas in this booklet are suitable for you.

## DESSERT AND SNACK IDEAS

### Custard and Rice Pudding

Sprinkle **Pro-Cal powder** into the warm or cold pudding and stir in well.

### Powdered Dessert and Mousse

Mix **Pro-Cal powder** with the powdered dessert and then make up as per packaging instructions. Alternatively stir into the ready made dessert.

### Yoghurt and Fromage Frais

Sprinkle **Pro-Cal powder** into the yoghurt or fromage frais and stir until fully mixed in.

### Single or Double Cream

Add **Pro-Cal powder** to cream and gently stir until fully mixed in.

### Chocolate spread

Add **Pro-Cal powder** to warm chocolate spread and mix in well.

### Whipping Cream

For best results mix 80ml double cream and 20ml whipping cream with 2 sachets of **Pro-Cal powder** and stir gently.



#### Top tip:

This cream can be used with cakes and desserts.

## DRINKS IDEAS

### Hot Drinks e.g. Hot Chocolate

Mix **Pro-Cal powder** with hot chocolate powder. Add milk or water and stir well.

### Coffee\*

Mix the coffee, milk and **Pro-Cal powder**. Then add water and stir.

\*Children under the age of 12 years should not have caffeine-containing drinks.

