



Use of Nutrition Supplements

Many people with cancer turn to nutrition supplements when their appetite is poor and they are having difficulty eating enough.

Most people drink the supplements straight from the container but they can be enjoyed in a variety of ways. Be creative!

General Tips:

- Try drinking small amounts at any one time- ¼ to ½ of the container
- Use as a bedtime or between meal snack
- Use the “PLUS” products as they have more calories and protein
- Drink through a straw if the aroma bothers you
- Once open, refrigerate after 2 hours. Once refrigerated discard after 48 hours

Too sweet?

- Blend in soft tofu, plain yogurt or ice cream
- Dilute the supplement with milk/soy milk
- Add fruit such as strawberries, bananas, papaya, mango, raspberries, blueberries, peaches. (fresh, frozen or canned)
- Drink supplements very cold, over lots of ice- this can also reduce the chalky after taste
- Mix 1 tsp of instant coffee in a small amount of hot water to dissolve and add to chocolate or vanilla flavours

Too Thick?

- Add skim milk or soy milk

Need something warm?

- Do not boil- this causes product to separate
- Warm in microwave or on the stove to drink or add a hot chocolate mix
- Unflavoured supplements can be used as “milk” in making soups such as mushroom or broccoli
- Add an instant soup powder to the unflavoured supplement or 1 tap bouillon mix

How about something different?

- Add your favourite liqueur such as Grand Marnier, Kahlua, Amaretto or Baileys

- Try 1 tsp of almond, lemon, orange, rum or mint extract
- Try 2 Tbsp of peanut butter, jam or syrup (maple, chocolate, strawberry, butterscotch)
- Remove from the container and freeze to make a slushy or crème sickle

Developed from the BC Cancer Agency
Nestle Health Science
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