



Enhancing Lives Together



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 neutral tasting, powdered nutritional supplement that can be added to foods and drinks to increase their energy and protein content.

It 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.

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 or scoops of **Pro-Cal powder**.

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



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

BREAKFAST IDEAS

- **Higher energy milk**

Make a 'paste' using **Pro-Cal powder** and a small amount of milk. This paste can then be mixed into a larger volume of milk, stirring it in well. Use this milk on cereals and in drinks.

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 dissolved.

LUNCH IDEAS

- **Soups**

Add **Pro-Cal powder** to your 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.

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.

- **Gravy and Sauces**

Add **Pro Cal powder** into sauces or gravy and stir gently.

Top tip:

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



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**

Sprinkle **Pro-Cal powder** into the cream and stir gently until fully mixed in.

- **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

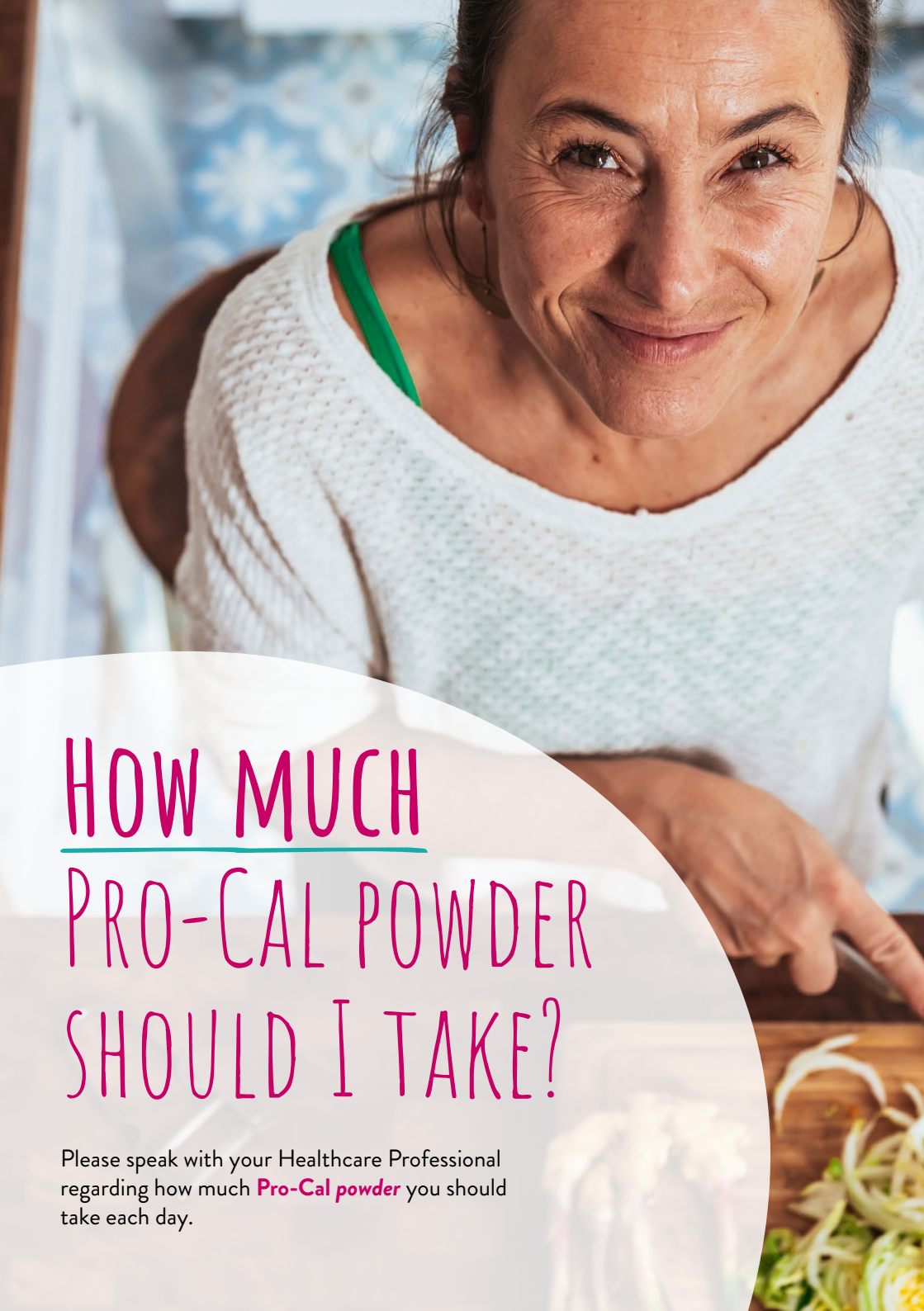
- **Hot Drinks e.g. Hot Chocolate**

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

- **Coffee**

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

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



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.

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