

Vitajoule™ Serving Hints



Vitajoule is a neutral-tasting carbohydrate powder supplement for the dietary management of disease related malnutrition.

Vitajoule can be added to foods and drinks to provide additional energy (calories). Simply add Vitajoule to the food or drink and mix well.



1 level scoop* of Vitajoule (approximately 12g) provides approximately 46kcal.
Your dietitian will advise you on how much Vitajoule you should have each day.



Handy Measures of Vitajoule in food

- **Soup** (½ standard sized can, approximately 200ml)
Gradually warm up the soup on a hob. Stir in 2 scoops of Vitajoule and mix in well.
- **Mashed potato** (approximately 3 ice cream scoops in size)
Add 2 scoops of Vitajoule to mashed potato and mix in well.
- **Baked Beans** (½ a standard sized can, approximately 200g)
Place the beans into a pan and warm on a hob. Add 2 scoops of Vitajoule and mix in well.
- **Yogurt**
Add 1-2 scoops of Vitajoule into a pot of yoghurt and mix in well.
- **Cereal**
Add 2 scoops of Vitajoule to approximately 150ml of warm or cold milk for use with cereal.
- **Porridge**
Mix together 30g of oats, 2 scoops of Vitajoule and 300ml of milk. Warm on a hob until the porridge is thick and creamy. Honey can also be added to the porridge for additional calories.
- **Rice pudding/Custard**
Add 2 scoops of Vitajoule into a pot of rice pudding or custard and mix in well.



Handy measures of Vitajoule in drinks

- **Tea/coffee**
Add 1 scoop of Vitajoule per cup and stir.
- **Milk**
Add 2 scoops of Vitajoule to 150ml of full cream milk and mix until smooth.
- **Hot chocolate**
Add 2 scoops of Vitajoule per cup and stir.
- **Fruit Squash**
Add 2 scoops of Vitajoule to 150ml of diluted fruit squash and mix well until dissolved.

* Scoops provide an approximate measure of a product for the purposes of ease and convenience. If accurate quantities of the product are required, a calibrated gram scale will be required.



Enhancing Lives Together

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Vitajoule is a Food for Special Medical Purposes and must be used under strict medical supervision. Vitajoule is for the dietary management of disease related malnutrition, malabsorption states, other conditions requiring fortification with carbohydrate and as a carbohydrate source in modular feeds. Suitable from birth. For children under 12 months: when made into a solution or added to infant formula, use immediately and discard any remaining after 1 hour. Not for use as a sole source of nutrition. For enteral use only. Use with caution in Diabetes Mellitus.

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