

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.

Typical Amount
4 x 30ml shots



Each day take:

☐ 2 x 60ml shots



☐ 3 x 40ml shots



☐ 4 x 30ml shots



☐ 4 x 60ml shots



Other:

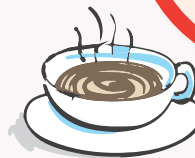
Available in **Banana**, **Strawberry** & **Neutral** flavours!



Drink Ideas

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

- ☉ **Tea or coffee:** can use with or in place of milk, or try with iced coffee.
- ☉ **Hot chocolate / malted drink:** stir in once prepared.
- ☉ **Milkshake:** make up using a powder mix or milkshake syrup as per packet instructions and stir in **Pro-Cal shot**.
- ☉ **Smoothie:** add to 150g pot of natural / fruit yoghurt and blend with a handful of fruit, such as raspberries or strawberries. Milk or ice cream can be used in place of yoghurt.



Top Tip:
Add **Pro-Cal shot strawberry** in place of **neutral** flavour in drinks for a strawberry twist.



NEW 120ml bottle

For further information about **Pro-Cal shot** call our 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.
Pro-Cal shot is suitable from 3 years of age.



Innovation in Nutrition

A Nestlé Health Science Company

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NEW 120ml bottle



Handy Hints

Pro-Cal shot® can help you **boost** your **protein** and **calorie** intake

Name: _____

Dietitian name: _____

Dietitian contact number: _____

Pro-Cal shot®

can be added to
everyday food
and drinks

Lunch Ideas

- ☉ **Soup:** add 1-2 shots of **Pro-Cal shot neutral** into tinned or prepared packet soups. You can add **Pro-Cal shot** before or after heating.
- ☉ **Sandwiches:** mix 1 shot of **Pro-Cal shot neutral** into a portion of tinned fish such as salmon or tuna and use as a filling for sandwiches, jacket potatoes, or use in a pasta salad.



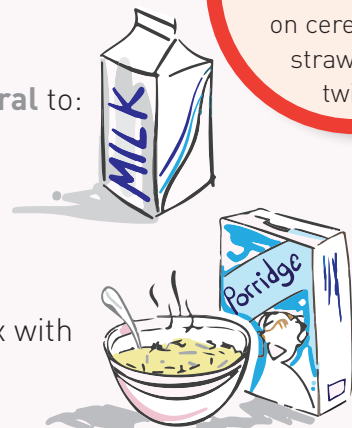
For these serving suggestions
1 shot = 30ml



Breakfast Ideas

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

- ☉ **Cereal:** mix into your milk.
- ☉ **Granola:** drizzle over the top.
- ☉ **Porridge:** stir in once prepared.
- ☉ **Scrambled eggs / omelette:** mix with the eggs and cook as usual.

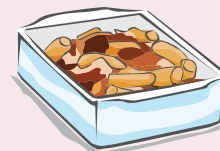
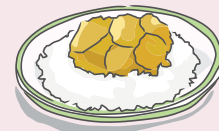


Top Tip:
Add **Pro-Cal shot strawberry** in place of **neutral** flavour on cereal for a strawberry twist.

Evening Meal Ideas

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

- ☉ **Sauces:** add to curry, parsley or white sauce once prepared to serve with your favourite meals.
- ☉ **Pasta bake / carbonara:** mix into the pasta sauce before cooking.
- ☉ **Mashed potato:** add before mashing for a creamy mash.
- ☉ **Gravy:** add 1 shot to a portion of prepared gravy.



Snack / Dessert Ideas

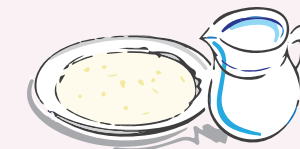


- ☉ Freeze **Pro-Cal shot** in ice lolly moulds or ice cube trays. The smoothie mix overleaf can also be frozen!



Add 1-2 shots of **Pro-Cal shot** to:

- ☉ **Desserts:** pour over your favourite dessert or ice cream.
- ☉ **Yogurt, custard or rice pudding.**
- ☉ **Powdered dessert:** prepare as per packet instructions.
- ☉ **Whipped cream.**
- ☉ **Cheesecake:** mix with cream cheese, add icing sugar to sweeten and then serve on crushed biscuits.



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