

## Dairy-free super shakes

Dairy-free super shakes all have approximately 500 calories in one 250ml serving, with no dairy ingredients. In addition to balanced meals, these may be useful for those who dislike milk, have dairy intolerance or require extra calories to gain weight.

### Virgin Piña Colada – approx 520kcal

Simply combine:

- 100ml tinned coconut milk
- 100ml pineapple juice
- 2.5 tablespoons apricot jam
- 2.5 tablespoons icing sugar
- 1 tablespoon golden syrup

Serve with ice for authentic Caribbean flavours.

### Eton mess – approx 520kcal

Blend together:

- 2 meringue nests (approx 30g)
- 150ml soya milk
- 2.5 tablespoons strawberry milkshake powder
- 2.5 tablespoons strawberry jam
- 1.5 tablespoons icing sugar

A taste of British summertime.

### Lemon and lime sublime – approx 500kcal

Whisk together:

- 100ml lemonade
- 100ml lime cordial
- 2.5 tablespoons lemon curd
- 2.5 tablespoons icing sugar
- 1 tablespoon golden syrup

Pour through a strainer to serve.

**Tip:** These recipes can be adapted or diluted to suit your flavour preferences.

## Contact us

If you have any questions or concerns about these information sheets, please contact the Lambeth and Southwark Action on Malnutrition Project on 020 30495422 (Monday to Friday, 9am to 5pm).

For more information leaflets on conditions, procedures, treatments and services offered at our hospitals, please visit [www.guysandstthomas.nhs.uk/leaflets](http://www.guysandstthomas.nhs.uk/leaflets)

### Pharmacy Medicines Helpline

If you have any questions or concerns about your medicines, please speak to the staff caring for you or call our helpline.

**t:** 020 7188 8748 9am to 5pm, Monday to Friday

### Patient Advice and Liaison Service (PALS)

To make comments or raise concerns about the Trust's services, please contact PALS. Ask a member of staff to direct you to the PALS office or:

**t:** 020 7188 8801 at St Thomas'    **t:** 020 7188 8803 at Guy's    **e:** [pals@gstt.nhs.uk](mailto:pals@gstt.nhs.uk)

### Language Support Services

If you need an interpreter or information about your care in a different language or format, please get in touch using the following contact details.

**t:** 020 7188 8815    **fax:** 020 7188 5953

### NHS 111

Offers medical help and advice from fully trained advisers supported by experienced nurses and paramedics. Available over the phone 24 hours a day.

**t:** 111

### NHS Choices

Provides online information and guidance on all aspects of health and healthcare, to help you make choices about your health.

**w:** [www.nhs.uk](http://www.nhs.uk)

### Become a member of your local hospitals, and help shape our future

Membership is free and it is completely up to you how much you get involved. To become a member of our Foundation Trust, you need to be 18 years of age or over, live in Lambeth, Southwark, Lewisham, Wandsworth or Westminster or have been a patient at either hospital in the last five years. To join:

**t:** 0848 143 4017    **e:** [members@gstt.nhs.uk](mailto:members@gstt.nhs.uk)    **w:** [www.guysandstthomas.nhs.uk](http://www.guysandstthomas.nhs.uk)