

Super shakes

These super shakes all have approximately 500 calories in one 250ml serving. In addition to balanced meals these may be useful for those who require extra calories to gain weight.

Berry delight

Simply combine:

- 2 x 50g pots fromage frais yogurt
- 100ml cranberry juice
- 5 tablespoons double cream
- 1 tablespoon strawberry milkshake powder

No blender required.

Approximately 550kcal and 13g protein

Nice 'n' nutty

Whisk together:

- 200ml whole milk
- 2 tablespoons double cream
- 2 tablespoons condensed milk
- 2 tablespoons hazelnut chocolate spread
- 1 tablespoon dried milk powder

Not suitable for those with a nut allergy.

Approximately 580kcal and 15g protein

Bourbon cream dream

Crush and mix:

- 4 bourbon cream biscuits into fine crumbs
- 200ml whole milk
- 2 tablespoons condensed milk
- 1 tablespoon dried milk powder

Try replacing the bourbon cream biscuits with custard creams or gingernuts.

Approximately 560kcal and 17g protein



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

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

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

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 **w:** www.guysandstthomas.nhs.uk