

# High energy drink supplements

Often people have difficulty meeting their nutritional requirements during and after cancer treatment. The following drink recipes can be utilised as supplements both for and in between meal times. They are all very easy to prepare. The recipes can be altered accordingly, the only limitation being the maker's imagination.

The drinks can be made up and kept in the fridge throughout the day. You may prefer to pour small amounts into a glass frequently through the day or sit down and have a large glass 2-3 times during the day.

## **Apricot Lemon Crush**

425g can of apricot halves in natural fruit juice  
1 cup natural yogurt  
juice of 1 lemon  
1 tablespoon honey  
2 tablespoons wheatgerm  
crushed ice  
1 tablespoon glucodin

Blend all ingredients together.

## **Banana Sustagen Drink**

2 cups milk  
1 banana  
3 dessertspoons sustagen powder  
1 dessertspoon skim milk powder  
1 dessertspoon glucodin  
crushed ice

Vitamise together.

## **Fruit Mix**

Orange juice (or other fruit juice combination)  
1 cup juice  
1 banana  
1 scoop ice cream and/or cream  
1 dessertspoon glucodin  
crushed ice.

Vitamise together.

## **Fruit Shake**

1/2 cup milk  
1 tablespoon cream  
1 scoop ice cream  
serve stewed or fresh fruit  
1 tablespoon skim milk powder  
1 dessertspoon glucodin  
crushed ice.

Vitamise together.

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# Cancer Council **High energy** drink supplements

**Cancer  
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13 11 20**  
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## **Fruit Smoothy**

1 cup milk  
1 banana or equivalent soft fruit  
1 tablespoon honey  
1 tablespoon wheatgerm (if desired)  
1-2 scoops ice cream  
crushed ice.

Vitamise together, sprinkle with cinnamon.

## **High Calorie Soup**

55ml cream soup  
55ml milk  
1 tablespoon skim milk  
1 egg  
1 teaspoon glucodin.

Mix together thoroughly then vitamise, heat slowly.

## **High Energy Cordial**

1 tablespoon cordial  
1 teaspoon glucodin  
1 cup water  
crushed ice.

Blend cordial and glucodin till smooth, stir in water.

## **High Energy Juice**

1 cup juice  
1 dessertspoon glucodin.

Blend glucodin with a little juice until smooth.  
Stir in remaining juice.

**For more information contact the Cancer Council Helpline on 13 11 20 (cost of a local call). This is a confidential service staffed by cancer nurses. Information is available in languages other than English.**

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