

# ENSURE SHAKE



## VANILLA, CHOCOLATE, STRAWBERRY, BANANA

### How to use Ensure Shake

Each sachet of Ensure Shake should be made up with **200ml whole milk**. It is best served cold, but can be made up hot, if preferred, and can be added to other foods.

### Directions for use:

1. Pour a little of the milk into a large cup or mug and add a sachet of Ensure Shake
2. Mix into a smooth cream with a whisk or fork
3. Top up with the remaining milk, stirring all the time
4. If you have a beaker with a sealable lid then this can be used as a shaker (take care if mixing with hot liquid)
5. Once it has been mixed with milk, Ensure Shake may be stored for up to 24 hours in a refrigerator.

### If 200ml of milk is too much:

If you find it difficult to drink 200ml of Ensure Shake, you could try making it up using just **125ml of whole milk**. Follow the same instructions as above but use 125ml of milk instead of 200ml.

This will contain less nutrition, so you should try the 200ml first if you can

### When to use

Ensure Shake should be used as nutritional supplement, as one or two sachets a day, unless otherwise indicated by a doctor or dietitian. It is not suitable as the sole source of nutrition.

**Dietitian:** .....

**Contact telephone number:** .....

**Additional information:**