

Date:

Patient name:

DOB:

Daily dosage and time:

BHC MUST Supershake

(Makes 1 portion)

200ml whole milk

4 dessert spoons dried milk powder

3 heaped teaspoons vitamin fortified
milkshake powder (e.g. Nesquik or
supermarket own brand)

Directions

Mix dried milk powder and milkshake
powder together in a glass
Gradually add in the milk and stir well

245 calories, 15g protein



Community Dietetic Service

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Tell us what you think

We want you to be happy with the service you receive from us, but we know that every so often something might go wrong. If you're unhappy with the care you receive or an element of our service, we want to hear from you.

Of course, we also want to hear from you if you're happy with the care you're receiving, it's good to be able to thank the team and let people know they're doing a good job; so if you have a compliment or congratulation, we'd like to hear from you.

If we are unable to resolve your concerns or you would like to take the matter further please contact us at the address below.

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