



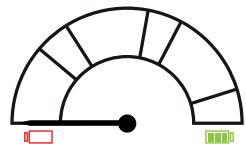
Enhancing Lives Together

FUN WAYS TO USE PRO-CAL SHOT™ FOR CHILDREN



Pro-Cal shot can be added to everyday foods and drinks

FILL UP



Colour in each section of the fuel gauge as you have each of your meals and snacks.

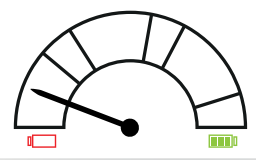


Please always check with your Healthcare Professional that these serving suggestions are suitable for your child.

For the serving suggestions in this leaflet 1 shot = 30ml



Breakfast Time →



Milk: Add to milk and stir. This can be used in drinks and on cereals.



Add 1-2 shots of **Pro-Cal shot** (neutral flavour) to:

Cereal: Mix into milk.

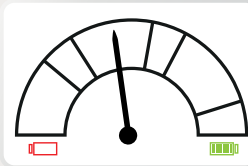
Granola: Drizzle over the top.

Porridge: Stir in once prepared.



Scrambled eggs / omelette: Mix with the eggs and then cook the scrambled eggs / omelette as usual.

Lunch Time →



Add 1-2 shots of **Pro-Cal shot** (neutral flavour) to:

Soup: You can add **Pro-Cal shot** to fresh, tinned or prepared packet soups before or after heating.



Sandwiches: Add 1 shot into a portion of tinned fish such as salmon or tuna and use as a filling for sandwiches, jacket potatoes, or use in a pasta salad.



Snack

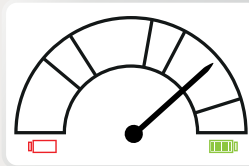


Try a milkshake: Add **Pro-Cal shot** (neutral, strawberry or banana flavour) to a ready made milkshake and stir. Alternatively, make your own milkshake by adding milkshake powder or syrup to milk and then stir in the **Pro-Cal shot**.

Snack



Evening Meal →



Add 1-2 shots of **Pro-Cal shot** (neutral flavour) to:

Sauces: Add to curry, parsley or white sauce once prepared to serve with your favourite meals.

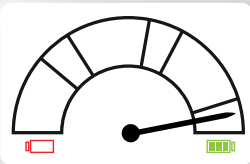
Pasta bake / carbonara: Mix into the pasta sauce before cooking.

Mashed potato: Add before mashing for creamy mash.

Gravy: Add 1 shot to a portion of prepared gravy.



Dessert/ Snack Time →



Add 1-2 shots of **Pro-Cal shot** (neutral, strawberry or banana flavour) to:

Yoghurt, custard or rice pudding.

Desserts: pour over your favourite dessert or ice cream.

Powdered dessert: prepare as per packet instructions and add 1-2 shots of **Pro-Cal shot** per portion.

Jelly: Make up the jelly as per packet instructions. As the jelly cools, add 120ml (1 bottle) of **Pro-Cal shot**. Pour into 4 moulds and place into the fridge to set.



Chocolate sauce:

In a microwave safe bowl, mix 30ml of **Pro-Cal shot** (neutral flavour) into 1 heaped teaspoon of drinking chocolate or chocolate spread. Heat for approximately 5-10 seconds in the microwave, stir and allow to cool. Serve warm or cold with fruit or ice cream.

Try hot chocolate:

Stir in 1-2 shots of **Pro-Cal shot** (neutral flavour) to hot chocolate or a malted drink once it is prepared.

Try a smoothie:

Add **Pro-Cal shot** to natural or flavoured yogurt and blend with a handful of fruit.

Snack

Freeeeeze it!

Pour **Pro-Cal shot** into ice cube trays or ice lolly moulds. The smoothie recipe above can also be frozen.



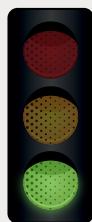
START

FINISH

* Parents/carers should ensure all meals and snacks are served at a suitable temperature. For all recipes refer to labels for allergen and other product information.

WHAT IS PRO-CAL SHOT?

- **Pro-Cal shot** is an oral nutritional supplement which can be used to provide additional energy (calories) and protein at times of illness, when a child's appetite is reduced or when they have experienced unintentional weight loss.
- **Pro-Cal shot** can be taken in small volumes throughout the day or added to everyday foods and drinks.
- **Pro-Cal shot** is available in 3 different flavours; **neutral**, **strawberry** and **banana**.
- **Pro-Cal shot** is suitable from 3 years of age.



“HOW MUCH PRO-CAL SHOT SHOULD MY CHILD TAKE?”

Please ask your Healthcare Professional how much **Pro-Cal shot** your child should take each day.

My child has been advised to have...

ml of **Pro-Cal shot** per day.

 **HAVE FUN**

Try some of the ideas included in this leaflet with your child.



“ARE WE NEARLY THERE YET?”

Top tips to help you support your child to achieve their nutritional goals.

- Encourage your child to have regular meals and snacks throughout the day.
- Aim to have mealtimes together in a relaxed environment.
- Try to offer your child different types of foods to add variety and enjoyment to mealtimes. Ask your Healthcare Professional about the different food groups which make up a balanced diet if you are unsure about this.
- **Pro-Cal shot** can be easily added to foods and drinks. It can be useful to gradually increase the amount of **Pro-Cal shot** that your child takes. Your Healthcare Professional will advise you on how to do this.



Pro-Cal shot is a Food for Special Medical Purposes and is for the dietary management of disease related malnutrition.

Pro-Cal shot must be used under medical supervision.

Pro-Cal shot contains **Milk** (Milk protein, lactose) and **Soya** (Soya lecithin).

For further information about Pro-Cal shot
call the **VitaFlo Nutritional Helpline on: + 44 (0) 151 702 4937**



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