



Our Sustagen® Hospital Formula range

Sustagen® Hospital Formula has been specially designed by experts for times when your nutritional needs may be higher, whether recovering from illness or managing a busy life, and you may not be getting the nutrients you need from food. Your health professional may recommend Sustagen® to help assist your body to repair and boost your energy levels.



Hospital Formula

Available in Chocolate and Vanilla flavours, Sustagen® Hospital Formula is nutritionally complete – to help meet the body's daily needs for vital nutrients such as protein. Sustagen® Hospital Formula also contains 27 essential vitamins and minerals and is low in fat.



Hospital Formula Plus Fibre

Sustagen® Plus Fibre contains all the benefits of Sustagen® Hospital Formula with the added plus of both soluble and insoluble fibre. Fibre is important for gut health. Available in Chocolate and Vanilla flavours.



Instant Pudding

For a nutritional energy boost, Sustagen® Instant Pudding is an easy-mix dessert or supplement for poor appetite or impaired chewing or swallowing. Can be mixed to just-right consistencies and sets in 2 minutes at room temperature.

The Sustagen® Hospital Formula range is gluten free and low GI. Find the range at your local pharmacy.



Good health enables us to reach our potential and enjoy all life has to offer. A winning combination of an active lifestyle plus good nutrition can help your health in so many ways – to have vitality, keep up your immunity and stay well.

Enjoy these recipes to add Sustagen® to your everyday life to nourish you and your loved ones.

For more delicious recipes, please visit www.sustagen.com.au

Sustagen® is a registered trademark of Mead Johnson & Company. Authorised users, Nestlé Healthcare Nutrition: 1 Homebush Bay Drive, Rhodes NSW 2138, Australia **1800 671 628** (toll free). 12-16 Nicholls Lane, Parnell, Auckland, New Zealand **0800 607 662** (toll free). Nutritional supplements can only be of assistance where dietary intake is inadequate. Please seek advice on your individual dietary needs from an Accredited Practising Dietitian or your health professional.



Enhancing the quality of life



Drink recipes for optimal health



Start the day with a delicious energy boost.

12 x SIMPLE EASY DRINKS WITH THE ADDED BENEFITS OF SUSTAGEN®

fruity drinks - pear and spice

shopping list

Serves: 1

Drink:

3 scoops Sustagen®
Hospital Formula Vanilla
200mL milk
2 scoops vanilla ice cream
½ cup canned / stewed pears
¼ teaspoon ground cinnamon
¼ teaspoon ground ginger

Other flavours:

½ cup canned / stewed apricots
¼ teaspoon almond essence
½ cup frozen raspberries
¼ cup yoghurt
1 tablespoon lemon juice

to make

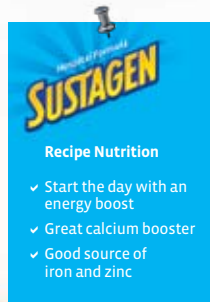
Preparation time: 5 minutes

- ✓ Place all ingredients in a blender and process until well combined. Pour into a glass and serve.

other flavours

- **Apricot and almond** - Take out canned / stewed pears, cinnamon and ginger and replace with canned / stewed apricots and almond essence.
- **Raspberry vanilla** - Take out canned / stewed pears, ground cinnamon and ginger and replace with frozen raspberries.
- **Lemon cheesecake** - Take out canned / stewed pears, ground cinnamon and ginger and replace with yoghurt and lemon juice.

Dust with a little extra cinnamon or ginger before serving.



chocolate drinks - chocolate and cinnamon

shopping list

Serves: 1

Drink:

3 scoops Sustagen®
Hospital Formula Chocolate
200mL milk
2 scoops vanilla ice cream
1 tablespoon chocolate topping
½ teaspoon ground cinnamon

Other flavours:

¾ canned cherries
¼ teaspoon coconut essence
1 teaspoon instant coffee

to make

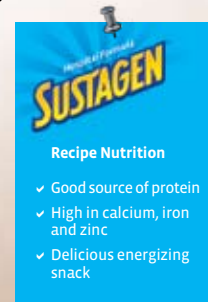
Preparation time: 5 minutes

- ✓ Place all ingredients in a blender and process until well combined. Pour into a glass and serve.

other flavours

- **Black forest** - Add pitted canned black cherries.
- **Chocolate lamington** - Take out cinnamon and replace with coconut essence.
- **Mocha espresso** - Take out cinnamon and replace with instant coffee.

Garnish with grated or flaked chocolate.



smoothies - banana berry

shopping list

Serves: 1

Drink:

3 scoops Sustagen®
Hospital Formula Vanilla
200mL milk
1 small banana, sliced
¾ cup vanilla yogurt
2 teaspoons honey
¼ cup frozen berries

Other flavours:

3 pitted prunes
1 teaspoon orange rind
¼ cup mango

to make

Preparation time: 5 minutes

- ✓ Place all ingredients in a blender and process until well combined. Pour into a glass and serve.

other flavours

- **Banana honey buzz** - Take out frozen berries.
- **Banana, prune and orange** - Take out honey and berries and replace with pitted prunes and finely grated orange rind.
- **Tropical bliss** - Take out honey and berries and replace with fresh or canned mango.

Top with a few extra berries or a sprig of fresh mint.

