

High energy & protein food ideas:

Instead of buying nutritional supplements you can try:

A. Eating high energy & protein snacks:

- Cheese on crackers or toast
- Custard/yoghurt & fruit
- Dried fruit and nut mixes
- Milkshake with ice-cream/yoghurt
- Peanut butter on toast

B. Using high protein milk:

- Add 1 cup skim milk powder to 750ml of your usual milk
- Shake & use on cereal, in cooking, in drinks, to make custard etc.

C. Add energy & protein to your food:

- Grated cheese on your vegetables
- Cheese sauce on your vegetables
- Peanut butter in your sauces to put on meat or vegetables
- Evaporated milk & grated cheese in scrambled eggs
- Evaporated milk that has coconut flavour in boiled/steamed rice
- Pieces of meat or beaten egg added to soups

Nutritional supplements...

- Help you gain weight by providing extra energy & protein in your diet.
- Should not replace meals.
- Should not be your only source of food.
- Should not fill you up so that you cannot eat your usual meals.
- Provide SOME of your vitamin and mineral needs.
- Can help you recover from illness or surgery.



If you have ongoing problems with poor appetite, weight loss, problems putting on weight or want low lactose or vegetarian ideas, please talk to your doctor or contact the dietitian at one of our sites...

North Yarra Community Health:

Fitzroy Centre- 75 Brunswick St. Ph: 9411 3555

Collingwood Centre- 365 Hoddle St. Ph: 9411 4333

Next Door—350 Smith Street. Ph: 9417 1299

Where can I buy nutritional supplements (Dec 2006)



This guide gives a list of local pharmacies & other outlets that stock Sustagen, Proform and Ensure Powder.

Produced by
North Yarra Community Health



Fitzroy

My Chemist Warehouse

Brunswick Street
Ph: 9417-2917

- Sustagen, Proform, Ensure & Sustagen pudding
- Cost prices

Patels Pharmacy

451 Brunswick Street
Ph: 9419 4926

- Sustagen powder only

Collingwood

Think Pharmacy

111-115 Langridge St
Ph: 9419-5754

- Sustagen, Proform, Ensure, Sustagen Pudding.
- Wholesale prices

My Chemist

244 Smith St
Ph: 9417-4377

- Sustagen & Ensure

Newton & Leung Pharmacy

272 Smith St
Ph: 9416-0100

- Sustagen, Proform, Ensure & Sustagen Pudding.

NYCH Pharmacy

365 Hoddle St
Ph: 9411-4333

Can be ordered-by request

Carlton Nth

David Nolte Pharmacy

701 Rathdowne St
Ph: 9349-1522

- Proform
- Can order in Ensure

Carlton North Guardian Pharmacy

751 Nicholson St
9387-3299

- Sustagen & Ensure