

Suggestions for Polyjoule® Use

Polyjoule® is a tasteless carbohydrate powder that can be added to foods and drinks to provide additional energy. It can be added to many different foods and fluids, both sweet and savoury.

Ideas for Polyjoule® Use:

- Add to hot and cold drinks, such as juice, milk, cordial.
- Sprinkle over breakfast cereals or tinned/stewed fruits.
- Add to mashed potato and mashed vegetables.
- Add to sauces, gravies, stews, casseroles and soups.
- Add to custard, yoghurt, and similar desserts.

Directions for Polyjoule® Use:

- Polyjoule® can be purchased from major pharmacies.
- Start by using 1-2 tablespoons (or 1-3 scoops) in foods and fluids each day.

Polyjoule® Solution

An alternative to adding powder to foods and drinks is to prepare a Polyjoule solution. This may be more easily stirred into foods and fluids.

1.0 Litre Polyjoule® Solution:

- Half fill a 1.0L jug with water.
- Add 200g (40 scoops) of Polyjoule®, stirring constantly until almost dissolved.
- Make this solution up to 1.0 litre with additional water and mix well.
- Refrigerate overnight until required (solution will become clear).

Name and Phone: