

Introduction

There may be times when the last thing you want to think about is what to eat. This is especially true after surgery, during chemotherapy or radiation treatment, or as a result of certain medical conditions. However, these are precisely the times you need to ingest sufficient calories and protein to help maintain weight or replace the weight you have lost.

SCANDISHAKE® is a unique, delicious tasting, high-calorie shake mix. When mixed with eight ounces of whole milk, SCANDISHAKE® provides 600 calories. But SCANDISHAKE® is much more than a shake mix. It can easily be added to breakfast cereals, gelatins, puddings, dips, sauces, casseroles, and desserts to increase the caloric and protein content of a recipe.

This booklet presents a number of quick and easy recipes using SCANDISHAKE® that can be prepared with little effort. Tips, printed throughout the booklet, offer helpful hints to further boost caloric and protein content in the foods you prepare. Try experimenting with SCANDISHAKE® in your own recipes and send us your comments.

SCANDISHAKE® comes in three flavors - vanilla, chocolate and strawberry. SCANDISHAKE® Lactose-Free and SCANDISHAKE® Sweetened with Aspartame are also available in vanilla and chocolate. These products can be purchased at many local pharmacies and grocery stores. Ask your health care professional or call 1-800-4-Scandi (1-800-472-2634) for the name of the nearest retail store where SCANDISHAKE® is available.

NOTE: 3/4 cup SCANDISHAKE® = 1 envelope or 3 scoops

Metric Conversion Table

TEASPOONS & TABLESPOONS

1/4 tsp = 1.25 ml
1/2 tsp = 2.5 ml
3/4 tsp = 3.7 ml
1 tsp = 5 ml
1 1/2 tsps = 7.5 ml
1 Tb = 15 ml
1 1/2 Tbs = 22.5 ml
2 Tbs = 30 ml

CUPS

1/4 cup = 59 ml
1/3 cup = 79 ml
1/2 cup = 118 ml
2/3 cup = 158 ml

3/4 cup = 177ml
1 cup = 237 ml
1 1/4 cups = 296 ml
1 1/2 cups = 355 ml
1 3/4 cups = 414 ml
2 cups = 474 ml
2 1/2 cups = 592 ml
3 cups = 710 ml

VOLUME

3 oz = 90 ml
4 oz = 118 ml
6 oz = 177 ml
10 oz = 295 ml
1 pt = 474 ml

TEMPERATURES

350°F = 177°C
375°F = 191°C

INCHES/POUNDS

1" = 2.54 cm
1 lb = 454 g

DISH & PAN SIZES

9x9 inch = 22.86 x 22.86 cm
8x8 inch = 20.32 x 20.32 cm
9x5x3 inch = 22.86 x 12.70 x
7.62 cm
9x13 inch = 22.86 x 33.02 cm
10" Tube Pan = 25.4 cm