

Nourishing drinks

Nutrition and Dietetics

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Supplements available on prescription

In certain circumstances, your GP or dietitian may provide you with further specialist advice on supporting your nutritional needs and prescribe supplement drinks to meet your nutritional requirements. If you require supplements on prescription, your GP or dietitian will provide you with information on how and when to take them and when they will be reviewed.

Additions/nutrition boosters

The following items can be added to drinks or soups to boost the calorie and protein content even further:

Food	Portion size	Calories (kcal)	Protein (grams)
Evaporated milk	1 tablespoon	23	1.3
Condensed milk	1 tablespoon	67	1.7
Single cream	1 tablespoon	29	0.5
Double cream	1 tablespoon	74	0.2
Sugar	1 level teaspoon	20	-
	1 level tablespoon	79	-
Honey	1 level teaspoon	14	-
	1 tablespoon	58	-
Jam	1 level teaspoon	13	-
	1 tablespoon	52	-
Ice cream	60g (1 scoop)	116	2
Grated cheese	30g (matchbox size)	120	8
Butter	10g	74	-

The above foods can also be mixed with other foods such as porridge, custard, mashed potato or scrambled egg/omelette to provide extra nutrition to fortify your meals.

If you have any questions or continue to lose weight, please contact your dietitian or ask your GP to refer you to your local dietetic service for further advice.

Soups

Fortified soup (185kcal, 12g protein)

- 200ml fortified milk
- 1x 12g packet of 'cup a soup'

Gently heat the milk in a saucepan or microwave. Add to the packet of 'cup a soup', mix well and serve.

Fortified soup 2 (300kcal, 9g protein)

Mix the milk powder with the cream to form a smooth paste. Heat the soup, but do not boil and slowly stir in the paste.

Fortified soup 3 (150kcal, 8g protein)

- ½ 400g tin of soup
- 3 tablespoons milk powder

Mix the milk powder with a little milk to form a smooth paste, heat the soup (do not boil) and slowly stir in the paste.

Ready-made drinks

A variety of ready-made drinks can be found in the supermarket such as flavoured milks, smoothies and yoghurt drinks. Make sure you look in both the refrigerated section and the breakfast cereal aisle. Breakfast drinks contain vitamins, minerals, fibre and protein – some varieties have extra protein. You can add cream or ice cream to ready-made drinks at home to increase the nutritional content.

Supplement drinks to buy

There are a variety of both sweet and savoury supplement drinks available to buy (without prescription) from your local pharmacy or supermarket. Examples include:

- Complian
- Meritene
- Supermarkets own brand of 'build-up' drink. These tend to be in powder form and can be made up with either full fat milk.

Why have I been given this booklet?

During times of illness you may experience periods of poor appetite and your intake of food and drink may be reduced from normal.

This booklet has been designed to provide you with some ideas of how to create nutritious drinks that you could include in your diet to help you meet your nutritional needs.

Nutritious drinks are high in energy (calories) and protein and can provide a range of vitamins and minerals. The ideas in this booklet do not require any specialist equipment, although a hand blender or liquidiser may be useful, and all the ingredients should be easy to find in a supermarket.

Hints and tips:

- Nutritious drinks should not normally be used to replace meals, they are to support your normal meals and act as a 'top-up'
- Take nutritious drinks between meal times - this way they should not affect your appetite
- Choose full-fat products where possible as these will be the most nourishing (e.g. full fat milk, creamy soups)
- If you are unable to tolerate dairy products, try calcium enriched dairy free alternatives
- Fortifying drinks and soups will help to boost their nutritional content
- If you struggle with the volume of drinks, split drinks up into smaller amounts throughout the day
- If you have any further queries or continue to lose weight, please contact your GP or dietitian for further advice

Swallowing difficulties

If you have been having difficulties swallowing fluids, you may have been advised by a speech and language therapist to thicken all the fluids that you consume.

Remember that you will need to add thickener to all drinks, soups and supplement drinks that you take, including the ideas that are mentioned in this booklet. If you are unsure if the ideas in this booklet are suitable for you, please check with your speech and language therapist or health care professional for advice.

Fortified milk

It can be a good idea to fortify your milk with milk powder to provide extra energy and protein. Fortified milk can be used in exactly the same way as you would use your normal milk - use on cereals or in sauces, custard, soups and drinks for example:

- Mix 4 tablespoons of milk powder into a paste using a little milk taken from 1 pint/585ml of full fat milk
Gradually add the rest of the milk, stirring well
- Store in the fridge and use within 24 hours
- Aim to use 1 pint per day

<p>1 pint of fortified milk = approximately 600kcal and 40 grams protein</p>

Banana & avocado smoothie (475kcal, 12g protein)

- 300ml soya milk
- 1 avocado
- 1 banana
- 1 tablespoon honey

Mix all ingredients in a blender until smooth, serve.

Soya yoghurt drink (300kcal, 11g protein)

- 200ml soya milk
- Small tin of fruit in syrup
- 1 small pot soya yoghurt

Mix all ingredients together in a blender until smooth, serve.

Fruity lemonade (200kcal, 2g protein)

- 100ml lemonade
- 100ml fruit juice
- Small tin of fruit in syrup

Mix all ingredients together in a blender until smooth, serve.

Fruit fusion - see 'smoothies' on page 6.

Biscuit-based

Creamy biscuit drink (520 kcal, 15g protein) – This recipe may not be suitable for people with swallowing difficulties.

- 200ml fortified milk
- 4 chocolate/cream filled biscuits (e.g. bourbon/custard cream/chocolate digestive)
- 2 tablespoons condensed milk

Break the biscuits into small pieces. Add to blender with the rest of the ingredients. Blend until smooth and serve.

Fruit yoghurt drink (430kcal, 19g protein)

- 200ml fortified milk
- Small tin of fruit in syrup
- 1 small pot full fat yoghurt

Mix all ingredients together in a blender until smooth, serve.

Mini drinks

Creamy mini drink (130kcal, 0.4g protein)

- 30ml double cream
- Milkshake syrup

Add a few drops of milkshake syrup to cream, stir well, serve.

Mini chocolate drink (300kcal, 14g protein)

- 100ml evaporated milk
- 1 tablespoon double cream
- 1 tablespoon milk powder
- 1 tablespoon instant hot chocolate powder (not 'diet' version)

Mix the hot chocolate powder and milk powder with half of the evaporated milk to form a paste. Add the rest of the evaporated milk and double cream. Stir well until smooth.

Dairy free recipes

Coconut smoothie (480kcal, 8g protein)

- 100ml tinned coconut milk (avoid low fat versions)
- 150ml orange juice
- 1 banana
- 1 tablespoon smooth peanut butter
- 1 tablespoon golden syrup

Mix all ingredients in a blender until smooth, serve.

Recipe ideas

The following recipes for nutritious drinks include the total calories and protein. All recipes serve one person.

Hot milky drinks

Malted milk (380kcal, 10g protein)

- 200ml fortified milk
- 25 grams full fat Horlicks/Ovaltine powder
- 2 tablespoons double cream

Hot chocolate (350kcal, 11g protein)

- 200ml fortified milk
- 3 heaped teaspoons instant hot chocolate powder (not 'diet' version)
- 2 tablespoons double cream

Milky coffee (310kcal, 12g protein)

- 200ml fortified milk
- 1-2 teaspoons instant coffee powder
- 2 tablespoons double cream

Method for malted milk, hot chocolate and milky coffee: warm the milk. Add the drink powder and stir until dissolved. Add the double cream, serve.

Cinnamon spice (220kcal, 11g protein)

- 200ml fortified milk
- 1 tablespoon golden syrup
- Pinch mixed spice and/or ground cinnamon

Warm the milk, stir in the syrup and spices, serve.

Cold milky drinks

Simple milkshake (380kcal, 13g protein)

- 200ml fortified milk
- 1 heaped tablespoon milkshake powder
- 2 tablespoons double cream/condensed milk/ice cream

Put all the ingredients in a glass and mix well.

Banoffee drink (400kcal, 14g protein)

- 200ml fortified milk
- 1 banana
- 1 pot crème caramel
- 1 teaspoon golden syrup

Mix all the ingredients in a blender until smooth.

Iced coffee (400kcal, 16g protein)

- 200ml fortified milk
- 2 teaspoon instant coffee
- 1 pot crème caramel
- 1 scoop vanilla ice cream

Put all the ingredients in a glass and mix well.

Nut milkshake (560kcal, 14g protein)

- 200ml fortified milk
- 2 tablespoons double cream
- 2 tablespoons condensed milk
- 2 tablespoons hazelnut chocolate spread

Mix all the ingredients in a blender until smooth.

Smoothies

Greek fruit smoothie (370kcal, 11g protein)

- Small tin of fruit in syrup
- 50ml full fat condensed milk
- 1 small pot of full fat Greek yoghurt

Mix all the ingredients in a blender until smooth, serve.

Banana smoothie (400kcal, 15g protein)

- 200ml fortified milk
- 1 banana
- 1 scoop of ice cream

Slice the banana into a blender, add the rest of the ingredients, blend until smooth, serve.

Fruit fusion (230kcal, 2g protein)

- 200ml orange juice
- 1 banana
- 1 handful of fresh/frozen/tinned fruit
- 1 tablespoon of seedless jam

Mix all ingredients in a blender until smooth, serve.

Banana nut smoothie (435kcal, 22g protein)

- 200ml fortified milk
- 1 tablespoon smooth peanut butter
- 1 banana

Mix all ingredients in a blender until smooth, serve.

Yoghurt drinks

Yoghurt drink (300kcal, 18.5g protein)

- 200ml fortified milk
- 1 small pot full fat yoghurt

Blend together until smooth, serve.