

Nourishing Drinks

If you have lost weight, have a small appetite or need extra nourishment, e.g. to help heal a wound, you may find it easier to boost your dietary intake by having nourishing drinks rather than eating more at meal times.

This advice may not be suitable for some people with conditions such as swallowing difficulties or diabetes. Please ask your doctor, nurse or dietitian for further advice if you are unsure.

Nourishing drinks do not replace meals but sipping on them between meals, or drinking one instead of eating a snack, can be both enjoyable and beneficial to your health.

This resource includes some ideas for nourishing drinks that have been tried and tested. You do not need special equipment to make these drinks – although if you have a liquidiser this can be used to quickly whizz the ingredients together. If you don't have a liquidiser, pushing the finished drink through a sieve before serving will make sure there are no lumps.

These drinks are also low cost and can be made from store cupboard ingredients. They are all high in calories and protein and will provide you with a range of vitamins and minerals. Over the counter products such as Aymes®, Complan® and Meritene Energis® can be purchased in pharmacies and large supermarkets.

Fortified Milk

- **Add 2-4 tablespoons of skimmed milk powder, e.g. Marvel or your supermarket's own brand, to 1 pint of full cream milk and mix well.**
- **If you cannot tolerate dairy products try using soya milk fortified.**
- **Use fortified milk in drinks** such as tea or coffee, on cereals, in sauces, or to make up milkshakes. Once made up you can keep it in the fridge to use during the rest of the day.
- **Why not have fortified milk as a drink on its own?** A 200ml glass of fortified milk will provide 175 calories (kcal) and 11g protein – double the goodness of semi-skimmed milk!
- **For variety you could add a milkshake powder or syrup.**



Delicious Cool and Warm Nourishing Drinks

Here are some recipe suggestions for nourishing drinks – most of which use fortified milk. To keep things interesting, why not try your own recipes using fortified milk.

Use fortified milk to make up milky drinks such as Horlicks, Ovaltine or a hot chocolate or add it to hot drinks such as tea or coffee. If you prefer to have instant drinks, e.g. Cuppa Soup or instant hot chocolate, add two tablespoons of skimmed milk powder to the cup and add hot water to make up the drink as usual.

<p>Simple Milkshake</p> <p>Mix 200ml fortified milk, 1 scoop of ice cream or 1 pot of yoghurt with fresh fruit or milk powder flavouring e.g. Nesquik, Ovaltine or supermarket brand</p> <p><i>Approx 300kcal and 10g protein</i></p>	<p>Fruit Smoothie</p> <p>Blend 150ml of orange juice, 1 mashed banana, 3-4 tbsp of tinned peaches (in syrup) and 2 tsp of honey</p> <p><i>264kcal and 2.2g protein</i></p>
<p>Chocolate Dream</p> <p>Warm up 200ml fortified milk. Add 1 tablespoon drinking chocolate and sweeten with sugar to taste. For extra flavour try adding a teaspoon of coffee or a pinch of cinnamon.</p> <p><i>230kcal and 17g protein</i></p>	<p>Greek Cooler</p> <p>Mix 1 tub (150g/5oz) of full fat Greek-Style yoghurt and 2 tablespoons of honey to 50ml of fortified milk.</p> <p><i>484kcal and 20.5g protein</i></p>
<p>Cinnamon Spice</p> <p>Warm up 200ml fortified milk. Mix in 1 tablespoon golden syrup and a pinch of mixed spice and ground cinnamon</p> <p><i>250kcal and 16g protein</i></p>	<p>Banoffee Treat</p> <p>Mash a small banana and mix with 150ml fortified milk, 1 pot of crème caramel and a teaspoon of golden syrup. Liquidise or sieve until smooth.</p> <p><i>350kcal and 12g protein</i></p>
<p>Simple Iced Coffee</p> <p>Dissolve 2 teaspoons of instant coffee powder in 200ml fortified milk. Sweeten with 2 tablespoons sugar.</p> <p><i>330kcal and 11g protein</i></p>	<p>Coffee Banoffee</p> <p>Same as above, add 1-2 teaspoons of coffee.</p> <p><i>352kcal and 12g protein</i></p>
<p>Strawberry Yoghurt Cup</p> <p>Mix together 1 pot of strawberry yoghurt, 130ml fortified milk and 2 teaspoons honey.</p> <p><i>270kcal and 12g protein</i></p>	