

Nourishing Drinks

Note: The information in this leaflet may not be suitable for certain medical conditions e.g. swallow problems, food intolerances or allergies. It should not replace the advice of your doctor or healthcare team.

If you have a reduced appetite, have lost weight, or are having problems eating and drinking, choosing a regular nourishing drink is a good way to help you to help you meet your nutritional needs.

Fortified milk

Fortified milk is a great way to add extra calories and nourishment during the day.

You can use fortified milk to make hot chocolates, smoothies, add to teas and coffees, and use throughout the day to get additional nourishment.

How to make fortified milk:

Add 60g (4 tablespoons) of skimmed milk powder (such as Marvel® or Nestle Nido® or supermarket own-brand equivalent) to 568mls (1 pint) of whole milk (full fat).

For a demonstration of how to make fortified milk and more tips to increase your intake see our 'Food Fortification' Video

Available at: <https://vimeo.com/720164990/27db1224ea>

or by scanning this QR Code using the camera on your smart phone



Recipes for nourishing drinks

Milky drinks

Hot Chocolate

- Heat 200ml Full Fat Milk
- Add 3-4 teaspoons of drinking chocolate powder (adjust to taste)
- Add 1 tablespoon of semi skimmed dried milk powder
- Top with whipped cream
- Serve hot and enjoy.

Iced Coffee

- Dissolve 2 teaspoons coffee in a little hot milk (adjust to taste)
- Add 200ml full fat milk
- Add 2 teaspoons of sugar
- Add 1 scoop vanilla or chocolate ice-cream
- Whisk all ingredients together and enjoy cold.

Milkshake

- 200ml full fat milk
- Add 2 tablespoon milkshake powder or syrup
- Add 1 scoop ice-cream of your choice
- Mix ingredients together and serve chilled.

Yogurt Shake

- 125g natural or fruit yogurt (small carton)
- 200ml full fat milk
- Fresh fruit juice or fresh fruit of your choice
- Blend together and serve chilled
- Sweeten with honey to taste.

Fruit drinks

Fruit Float

- ½ glass of fresh fruit juice
- ½ glass lemonade
- 1 x scoop ice-cream
- Mix together and enjoy cold.

Avocado Smoothie

- 1 x small avocado halved and flesh scooped out
- 125g natural yogurt/Greek yogurt
- 100ml fresh orange juice
- Handful of spinach
- Blend and enjoy over ice
- Add strawberries or honey to sweeten.

Ginger and Lime Fizz

- 200ml Ginger Beer
- 125g natural yogurt (1 small carton)
- 2x tablespoons lime cordial
- Stir together and enjoy.

Plant-based drinks

Fruit Fusion

- 50mls concentrated blackcurrant diluting juice
- 150mls cranberry juice
- 50g/1 scoop lemon sorbet
- 100mls water
- Stir and enjoy.

Tropical Twister

- 200mls pure pineapple juice
- 70g lemon sorbet
- 100g canned sliced peaches in syrup
- Blend until smooth and enjoy.

Fruit Blast

- 150mls orange juice
- 50mls pineapple juice
- 1 banana
- 1 handful strawberries
- 1 handful raspberries
- Blend together and serve.

Tropical Magic

- 1 small banana
- 4 tinned apricots
- 150mls pineapple juice
- 100mls coconut milk
- Blend ingredients and enjoy.

Banana Berry Smoothie

- 1x banana
- Handful of berries of your choice
- 200ml Soy milk (alternative milk can be used)
- 1x teaspoon cinnamon
- Add ingredients to blender and blend until smooth.

Orange and Spice Hot Cocoa

- 200ml non-dairy milk of your choice
- 50ml orange juice
- 2 teaspoons cocoa
- 1 teaspoon sugar
- ½ teaspoon cinnamon
- Pinch of ground ginger
- Heat in saucepan over medium-low heat, stir until cocoa dissolved
- Serve warm. Try with a dollop of whipped coconut cream or vegan mini marshmallows.

Nourishing soup options

Calorific Cup-a- Soup

- Stir 1 tablespoon of milk powder into 150ml full cream milk
- Warm milk in either microwave or gently on the hob (do not boil)
- Add a sachet of soup and stir well.

Fortified Tinned Soup

- ½ tin of soup (choose 'cream of' varieties where possible)
- 30g grated cheese
- 1 tablespoon of double cream
- Warm soup as per heating instructions on tin
- Add grated cheese and cream once heated and stir well.

Fortified milk

Fortified milk can be used to replace milk in all recipes. Fortified milk is made by adding 4 tablespoons of skimmed milk powder to 1 pint of milk.

Readymade drinks

Store bought nourishing drinks

These are an easy way to boost intake. There are many types available and when taken regularly can help improve intake.

These should be taken between meals and not used as a replacement. There are many brands available, but please see some examples below:

Product Name	Volume	Flavours	Nutritional Information per Serving
Frijj	400ml	Strawberry, banana, chocolate, Irish coffee, cookie dough, fudge brownie	Around 300 calories 14g protein Added vitamins and minerals
Yazoo	400ml	Banana, chocolate, strawberry, mint chocolate, chocolate and caramel	260 calories 23g protein Added vitamins and minerals
Huel	500ml	Banana, chocolate, vanilla, strawberries and cream, salted caramel, cinnamon swirl, iced coffee caramel	400 calories Around 20g protein Added vitamins and minerals
Weetabix on the GO	330ml	Strawberry, chocolate, banana and vanilla	210kcal 8.8g protein Added vitamins and minerals

Over the counter nutritional supplement drinks

These drinks are available from most pharmacies and some supermarkets, these drinks can support your intake if you are struggling with eating and drinking. They can also be used if you do not meet the criteria for prescribing nutritional supplements but would like to try something similar. There are many brands available, but please see some examples below:

Product Name	Volume	Flavours	Nutritional Information
Aymes Shake	200ml	Vanilla, strawberry, chocolate, banana	265 calories 15g protein (made up with 200ml full cream milk) Added vitamins and minerals
Complan	200ml	Vanilla, strawberry,	380 calories 15.5g protein (made up with 200ml full cream milk) Added vitamins and minerals
Complan Original	200ml	Neutral	243 calories 8.5g protein Made without milk. Please note, Complan

			should be made with milk where possible. Added vitamins and minerals
Complan Original	200ml	Neutral	Approx 400kcal 16g protein Made with milk Added vitamins and minerals
Meritene Soup	150ml	Chicken soup Vegetable	207 calories 8.7g protein Added vitamins and minerals

Your contact:

Telephone No.:

Date:

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