

# NUTRITION AND DIETETICS DEPARTMENT

## NOURISHING DRINKS

### Milk based drinks:

- **Fortified milk:** Add 2 oz (4 tablespoons) of milk powder such as 'Mavel' or '5 pints' to one pint of full cream milk. **Use fortified milk to make the following:**
- **Hot milk drinks:** Ovaltine, Horlicks, Bournvita, hot chocolate, milky coffee.
- **Cold milk drinks:**
  - Milkshakes made with cordials, fruit juice, milk shake syrup or powder. Add a scoop of ice cream for extra nourishment.
  - Fruit smoothie – blend fruit such as a banana with milk and ice cream or yoghurt and some honey.
- **Savoury milk drinks:** Instant soups, Bovril or Marmite.
- **Yoghurt Drinks:** Can be purchased, or yoghurts can be diluted with milk to make yoghurt shakes.

### Fruit Drinks:

#### Fruit juice and fizzy drinks:



- Fruit juice – fresh or long life
- Fruit juice mixed with fizzy drinks, for example lemonade, are refreshing
- Fizzy drinks such as Lucozade, Appletize, Schloer, lemonade, Coca cola, tonic water
- Try to avoid 'low calorie' and 'diet' options

### Ice cream Soda:

- Can be made by adding ice cream to fizzy drinks

### Supplement Drinks:

- **Nourishing powdered drinks** such as Complan and Meritene Energis (formerly Build-up) are available from most chemists and supermarkets. These are available in a variety of sweet and savoury flavours.
- You may require a prescribed nutritional supplement. These come in a range of types, flavours and presentations. Your dietitian will discuss these with you if they think you would benefit from one and will then contact your GP to request a prescription.



## RECIPES FOR NOURISHING DRINKS

The following are recipes to make high calorie drink to supplement food intake and provide extra calories and protein.

### Simple Milkshake

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

*Approx 300kcal and 10g protein*

### Chocolate Dream

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.

*230kcal and 17g protein*

### Cinnamon Spice

Warm up 200ml fortified milk. Mix in 1 tablespoon golden syrup and a pinch of mixed spice and ground cinnamon.

*250kcal and 16g protein*

### Simple Iced Coffee

Dissolve 2 teaspoons of instant coffee powder in 200ml fortified milk. Sweeten with 2 tablespoons sugar.

*330kcal and 11g protein*

### Greek Cooler

Mix 1 tub (150g/5oz) of Greek yoghurt and 2 tablespoons of honey to 50ml of fortified milk.

*484kcal and 20.5g protein*

### Banoffee Treat

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.

*350kcal and 12g protein*

### Coffee Banoffee

Mash a small banana and mix with 150ml fortified milk, 1 pot of crème caramel, add 1-2 teaspoons of coffee and a teaspoon of golden syrup. Liquidise or sieve until smooth.

*352kcal and 12g protein*

### Strawberry Yoghurt Cup

Mix together 1 pot of strawberry yoghurt, 130ml fortified milk and 2 teaspoons honey.

*270kcal and 12g protein*