

# Nourishing Drinks

Keeping hydrated is important to help you feel alert, reduce the risk of falls and prevent urine infections (UTIs). Aim for 6-8 cups of fluid every day. In addition to drinking water, other drinks can provide energy and fluid, such as tea, coffee, milk, smoothies and fruit juice.

The advice in this leaflet can be confusing, because it is opposite to the healthy eating advice that you hear so much about these days. At the moment though, your priority is to prevent further weight loss or to possibly gain some weight to help keep your body healthy and maintain muscle strength. If you are still struggling with your weight or are unsure about your health condition, speak to your GP or dietitian.



## Handy Hints to Improve Your Intake

- Aim to **have two nourishing drinks per day.**
- Have drinks between meal times so that they do not fill you up too much.
- If large volumes are difficult to manage: keep made-up nourishing drinks in the fridge (if appropriate) and have smaller servings throughout the day.
- Use 'Fortified milk' (recipe overleaf) in all drinks, cereals, custard, and even mashed potato!
- If you are still struggling to gain weight, consider buying **over the counter nutritional supplement soups or milkshakes** e.g. Complan, Meritene Energis or Aymes Retail which are available: online; at pharmacies and some supermarkets. They come in neutral, sweet and savoury flavours and both powdered and ready to drink preparations. These should be taken in addition to meals. Check out our *Mega Milkshake* recipe overleaf for a nutrition boost!

## Simple Milkshake Recipe

**(Makes 2 servings - keep the other portion in the fridge for up to 24 hours)**

- ½ pint (284ml) whole / full fat milk
  - 4 tablespoons (40g) dried milk powder
  - 3 ½ tablespoons (50ml) double cream
1. Put the milk powder into a jug
  2. Add a small amount of milk and mix into a paste
  3. Add the remaining milk, cream and any 'extras' to taste (listed in the next column)
  4. Mix by hand OR in a blender until smooth.

Each glass provides **at least 300 calories and 12g protein (equivalent to a standard sip feed/oral nutritional supplement)**

### Milkshake 'extra' ideas (for 2 servings)

- choose your favourite flavour(s) and enjoy!

#### By hand:

- 8 heaped teaspoons milkshake powder or hot chocolate powder
- 3-4 tablespoons (50ml) of milkshake syrup

#### Using a blender:

- 4 tablespoons of smooth peanut butter
- 4 tablespoons chocolate spread
- A handful of strawberries/frozen berries
- 1 banana
- 1 chocolate bar
- Coffee

## Fortified Milk Recipe

Supercharge your milk using the recipe below.  
**Contains 563 kcals and 44g protein per pint.**

### Ingredients:

- 1 pint whole 4% fat milk (375kcals)
- 4 tablespoons dried milk powder (188kcals)  
e.g. Supermarket own brand, Marvel Original (other brands are available). Dried milk is found in the baking, cereal or coffee aisles in the supermarket

### Method:

1. Put the milk powder into a jug.
  2. Add a small amount of whole milk and mix into a paste
  3. Add the remaining milk and stir.
- Keep refrigerated for up to 24 hours and use as normal milk and in the recipes below.

## More Recipes

Each recipe makes one serving. Tick your favourite recipes to try

### Mix by Hand/Blender:

#### MEGA MILKSHAKE!

- 1 Sachet of either Complian, Aymes Retail or Meritene
- 1 pint (568 ml) whole 4% fat milk
- 2 scoops (100 g) ice cream
- 4 tablespoons (60g) skimmed milk powder
- 1 tablespoon (12 g) double cream
- Add Nesquik, Horlicks or Ovaltine as desired for flavour

#### Fruity Float

- ½ glass (100ml) fruit juice
- ½ glass (100ml) lemonade
- 1 tbsp. sugar (15g)
- 1 scoop (60g) ice cream

#### Super Soup

- 1 sachet cup-a-soup
- 200ml warmed fortified milk
- 2 tbsp. double cream/grated cheese

#### Cinnamon Spice

- 1 glass (200ml) fortified milk
- 1 tbsp. golden syrup

- Ground cinnamon to taste

### Mix Using a Blender: (For each recipe, blend until smooth)

#### Yogurt Shake

- 3 tsp. milkshake powder
- 1 glass (200ml) fortified milk
- Small pot luxury fruit yogurt

#### Fruit Smoothie

- 1 glass (200ml) fruit juice
- Handful frozen berries
- 1 banana
- 5g sachet egg white powder

#### Chocolate Banana Shake

- 1 banana
- 1 glass (200ml) fortified milk
- 1 tbsp. oats
- 1 tbsp. peanut butter
- 1 tbsp. cocoa powder

#### Banoffee Treat

- 1 banana
- 150ml fortified milk
- 1 crème caramel pudding
- 1 tsp. golden syrup

#### Iced Coffee

- 2 tsp. coffee granules
- 200ml fortified milk
- Sugar to taste
- Serve over ice

#### Peach & Honey Smoothie

- 150ml orange juice
- 1 banana
- 3-4 tbsp. tinned peaches in syrup
- 1 tsp. honey
- 5g sachet egg white powder

#### Peach & Berry Smoothie

- 1 glass (200ml) fortified milk
- ½ tin peaches
- Handful frozen berries
- 3 tbsp. Greek yoghurt/dairy free alternative
- 1 tbsp. oats
- 2 tsp. honey

*\*You can sub the milk for whole, lactose free milk if you are able to tolerate this; alternatively use soya milk or barista style oat milk.*

N.B. tsp. = teaspoon, tbsp. = tablespoon

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