

Nourishing Drinks:

Advice on liquids to increase the calories and protein in your diet

This leaflet contains advice and ideas for drinks that will boost your nutritional intake when your appetite is poor or when it is difficult to eat all of your meals.

Try to have nourishing drinks between your meals each day.

Nourishing drinks can be easily prepared using shakers, whisks or food processors. You can find shakers in most supermarkets or online shops.

Milk Powder

Dried milk powder is available from most supermarkets, e.g. Marvel, Nido or supermarket own brand. It provides extra energy and protein, allowing you to fortify your favourite milky drink.

Fortified Milk (565 kcals, 38.7 g protein)

4¹/₂ heaped tablespoons dried milk powder
1 pint whole milk

Measure 4¹/₂ tablespoons dried milk powder and make a paste with a little whole milk. Whisk in the remainder of the milk, alternatively shake in a shaker to achieve a smooth consistency. You can also fortify your custard, porridge, milk puddings, yoghurts or soups by adding one heaped tablespoon of dried milk powder and whisking well.

Fortified Milkshakes/Smoothies (418 kcals, 17.2 g protein)

200 ml 'Fortified Milk'
1 scoop ice cream or 1 pot of yoghurt (plain or flavoured)
2 tablespoons double cream

- Try adding your favourite fruit (eg. banana/strawberries/fresh or frozen berries) and blitz together in a food processor
- Or flavour with chocolate/malt/instant coffee powder or your favourite syrup. Shake together until blended and smooth

Chocolate Soya Milkshake (299 kcals, 12.1 g protein)

200 ml soya milk*
4 tablespoons plain soya yoghurt
4 tablespoons soya cream
4 teaspoons chocolate powder **
Shake together until blended.

*Replace soya milk with oat, almond, coconut or rice milk, if preferred. Calorie and protein content of this drink will vary dependent on which milk is used.

**Or substitute the chocolate powder for your favourite milkshake flavouring.

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Deluxe Hot Chocolate (387 kcals, 15.7 g protein)

200 ml 'Fortified Milk'
4 teaspoons chocolate powder
Cream
3 marshmallows

Mix the chocolate powder with a little milk to form a paste. Heat the remaining milk and stir into the mixture. Top with cream and marshmallows.

Banoffee Delight (504 kcals, 18.2 g protein)

200 ml 'Fortified Milk'
50 g tinned caramel sauce
1 banana
Blitz together in a food processor and top with chocolate shavings, if liked.

Orange and Mango Juice (157 kcals, 2.8 g protein)

200 ml orange juice
100 g frozen mango chunks (defrosted)
2 ice cubes
Blitz together in a food processor until smooth.

Energy Special (582 kcals, 21.3 g protein)

200 ml 'Fortified Milk'
3 tablespoons Greek yoghurt
1 banana
1 tablespoon porridge oats
1 tablespoon honey
Blitz together in a food processor until smooth.

Strawberry Smoothie (349 kcals, 18.5 g protein)

200 ml 'Fortified Milk'
125 g pot strawberry yoghurt
100 g strawberries
Blitz together in a food processor and add honey to taste.

Peanut Butter Milkshake (536 kcals, 22.2 g protein)

200 ml 'Fortified milk'
2 scoops vanilla ice cream
3 tablespoons of peanut butter
1 tablespoon honey
Blitz together in a food processor until smooth.

Latte (339 kcals, 14.1 g protein)

200 ml hot 'Fortified Milk' (use an electric whisk, if you have one, to make the milk frothy)
2 tablespoons double cream
1 heaped teaspoon instant coffee powder
Whisk together until smooth and add sugar or your favourite coffee syrup, to taste

Over the Counter Supplements

High energy and high protein powdered supplement drinks are also available to buy over the

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counter. They can be purchased from most chemists and some supermarkets. Follow the instructions on the packet to make these up. Use whole milk or fortified milk (as above) rather than water. For extra calories add two tablespoons of double cream and whisk well.

- Meritene Energis soups (chicken or vegetable) and milkshakes (vanilla, chocolate or strawberry)
- Complan milkshakes (strawberry, chocolate, banana or vanilla flavour) and Complan chicken soup

Ask your chemist for more information regarding availability of these supplements. Contact your GP if you are experiencing difficulties with your eating and drinking or if you have noticed unintentional weight loss.

Our commitment to confidentiality

We keep personal and clinical information about you to ensure you receive appropriate care and treatment. Everyone working in the NHS has a legal duty to keep information about you confidential.

We will share information with other parts of the NHS to support your healthcare needs, and we will inform your GP of your progress unless you ask us not to. If we need to share information that identifies you with other organisations we will ask for your consent. You can help us by pointing out any information in your records which is wrong or needs updating.

Additional Sources of Information:

Go online and view NHS Choices website for more information about a wide range of health topics <http://www.nhs.uk/Pages/HomePage.aspx>

You may want to visit one of our Health Information Centres located in:

- Main Entrance at Birmingham Heartlands Hospital Tel: 0121 424 2280
- Treatment Centre at Good Hope Hospital Tel: 0121 424 9946
- Clinic Entrance Solihull Hospital Tel: 0121 424 5616

Dear Patient

We welcome your views on what you thought of this patient information leaflet, also any suggestions on how you feel we can improve through our feedback link below:

- Patient Information Feedback email: PatientInformation.LeafletFeedback@uhb.nhs.uk

If you wish to make any other comments this can be done through the links listed below:

- Patient Opinion: www.patientopinion.org.uk
- I want great care: www.iwantgreatcare.org (Here you can leave feedback about your doctor)

Be helpful and respectful: think about what people might want to know about our patient information and this hospital and how your experiences might benefit others. Remember your words must be polite and respectful, and you cannot name individuals on the sites.

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If you have any questions you may want to ask about your condition or your treatment or if there is anything you do not understand and you wish to know more about please write them down and your doctor will be more than happy to try and answer them for you.

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