

Nourishing drinks

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What are nourishing drinks?

Nourishing drinks provide a substantial amount of additional calories and sometimes protein to help support nutritional intake.

Aim for 2-3 nourishing drinks a day to have between your meals.

If you have diabetes, please speak to a dietitian before you start having nourishing drinks.

Why do I need nourishing drinks?

- You may have lost weight unintentionally owing to illness
- You may have higher energy or protein needs due to an illness or long-term health condition
- You may have a poor appetite and find fluids more manageable to support your nutritional intake.

Simple swaps

Having nourishing drinks between your meals can help support your nutritional intake, helping you to meet your energy and protein needs. Wherever possible replace water, tea, coffee, squash, diet fizzy drinks, OXO, Bovril and packet soups (these are low in calories and tend to fill us up without providing much nutrition) with a nourishing drink.

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- Tea
 - Coffee
 - Water
 - Sugar free drinks

- Whole milk
- Milkshakes (homemade or shop-bought)
- Milky coffee
- Malted milk drink

Fortified milk

Fortified milk can be made using four tablespoons (60g) of skimmed dried milk powder such as Marvel® or a supermarket own brand equivalent mixed with one pint (568mls) of whole milk (blue top). Mix the dried milk powder with a small amount of milk initially to form a paste and then gradually whisk in the rest of the milk.

Aim to have the one pint of fortified milk throughout the day. This milk can be used to add to cereal, puddings, coffee and to make nourishing drinks. It is not recommended to be added to tea.

	Energy (kcal)	Protein (g)
1 tablespoon (15g) of dried skimmed milk powder	52	5.5
1 pint of semi-skimmed milk	262	20
1 pint of whole milk	357	20
1 pint of fortified milk	565	42

Recipe ideas

A stick blender or smoothie maker may be useful for these recipes to make them easy to blend.

Easy Milkshake

374kcal and 15.5g protein

Ingredients:

2 teaspoons of Nesquick® or milkshake powder (flavour of your choosing)
200ml of whole milk
2 scoops of vanilla ice-cream
1 tablespoon of dried skimmed milk powder

Preparation:

Add the dried milk powder and the milkshake powder to the milk and stir thoroughly. Add the ice-cream and whisk well.

Strawberry or banana milkshake

426kcal and 22g protein

Ingredients:

200ml whole milk
2 scoops of vanilla ice-cream
2 tablespoons of dried skimmed milk powder
5 fresh strawberries / 1 banana

Preparation:

Mash the strawberries or banana using a fork until large lumps are removed. Whisk the milk, ice-cream and milk powder together in a jug and add in the mashed fruit.

Iced Mocha Coffee

331kcal and 20g protein

Ingredients:

200ml whole milk
1 scoop of vanilla ice-cream
2 tablespoons of dried skimmed milk powder
1 tablespoon of cocoa/drinking chocolate
1-2 teaspoons of instant coffee

Preparation:

Add the skimmed milk powder to milk and mix well. Dissolve the coffee in a drop of hot water. Add the milk mixture to ice-cream and coffee. Whisk well.

Small volume fruit smoothie
320kcal and 15.7g protein

Ingredients:

1 small pot (125g) plain fruit yoghurt
 50g of tinned fruit cocktail or tinned fruit of choice
 3 tablespoons of condensed milk

Preparation:

Pure the fruit with stick blender/smoothie maker and mix with the condensed milk and yoghurt.

Cream shot (3 shot servings)
246kcal and 1g of protein per 45ml shot

Ingredients:

120ml double cream
 1 tablespoon lemon curd (or other flavouring of choice such as jam/milkshake syrup)

Preparation:

Add the lemon curd or flavouring of choice to the double cream and stir gently until well mixed. Drink over the course of the day in 3 x 45ml shots.

Extra nourishing hot chocolate/malted drink
287kcal and 14g protein

Ingredients:

150ml of whole milk
 1 tablespoon of double cream
 1 tablespoon of dried skimmed milk powder
 1 tablespoon of drinking chocolate or malted drink powder (Ovaltine® or Horlicks®)

Preparation:

Stir the milk powder into the milk until well mixed and then warm in a microwave or hob (do not boil). Add the drinking chocolate and stir until well mixed and finally add the double cream.

Apple and Elderflower juice drink
211kcal and 8.4g protein

Ingredients:

180ml of fresh apple juice
 40ml of elderflower cordial (undiluted)
 10g (2 x 5g) egg white powder sachet

Preparation:

Empty the egg white powder into a glass. Mix with the elderflower cordial using a spoon (not a fork or whisk) and gradually add the apple juice continuing to stir.

Alternatively, you can use pineapple juice and orange squash for a different flavour!

Lemon and Lime drink (2 servings of 150ml)

225kcal and 0.5g per serving

Ingredients:

100ml of full sugar lemonade
 100ml lime cordial
 2.5 tablespoons of lemon curd
 2.5 tablespoon icing sugar
 1 tablespoon of golden syrup

Preparation:

Whisk all the ingredients together, pour through a strainer and serve.

Coconut cream shot (3 shot servings)
127kcal and 0.5g protein per 50ml shot

Ingredients:

1 tablespoon of lemon curd (swap for jam/syrup to make vegan)
 110ml coconut cream
 20ml fortified soya milk

Preparation:

Mix all the ingredients together. Drink throughout the day, splitting into 3 x 50ml doses

High calorie Cup-a-Soup 352kcal and 12.3g protein

Ingredients:

1 sachet of cup-a-soup
150ml whole milk
1 tablespoon skimmed milk powder
1 tablespoon of double cream

Preparation:

Stir the milk powder into the milk until well mixed. Warm the milk mixture in the microwave or the hob ensuring it does NOT boil. Add the sachet of soup and cream and stir until well mixed.

Fortified tinned soup 297kcal and 10g protein

Ingredients:

½ tin of soup- choose 'cream of' varieties where possible
30g grated cheese
1 tablespoon of cream

Preparation:

Warm the soup as per instruction on the tin. Add the grated cheese and cream and stir until the cheese has melted.

If you are following a plant based or vegan diet, we have a separate sheet with recipe ideas so please ask your dietitian for more information.

Over-the-counter nutritional supplement drinks

Some nutritional supplements can be purchased over the counter and are available from chemists and some supermarkets. They usually come as a powder that is made with either water or milk to make into milkshakes, hot and cold drinks or soups. Examples include Complan® and Meritene®.

Similar products called oral nutritional supplements or sip feeds are available on prescription if there is a clinical indication. Please speak to your dietitian and they can assess whether these would be appropriate for you.

Further information

If you have any queries about your diet, please do not hesitate to contact the dietetic team.

Dietetic Department
North Devon District Hospital
Barnstaple

Telephone: 01271 322306 (Monday – Friday)

Useful websites

The British Dietetic Association Food Fact Sheet on Malnutrition

<https://www.bda.uk.com/resource/malnutrition.html>

Cancer Research UK High calorie drinks

<https://www.cancerresearchuk.org/about-cancer/coping/physically/diet-problems/managing/putting-on-weight/high-calorie-drinks>

References

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PALS

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Have your say

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'Care Opinion' comments forms are on all wards or online at www.careopinion.org.uk.

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