

Nourishing drinks for adults

If you have a small appetite it is very important to maximise the nutrition in your diet. Having nourishing drinks can help you do this.

Here are some suggestions for high calorie high protein drinks to have in between meals including several recipes.

Simple swaps

Try swapping these less nourishing drinks

- Tea
- Coffee
- Water
- Sugar free drinks

For these with more calories and protein

- Full fat milk
- Milkshakes
- Milky coffee
- Horlicks
- Ovaltine
- Hot chocolate
- Cocoa
- Fruit juices

Nutritional supplements



Try “Complan” or “Meritene Energis” nutrition drinks. You can buy these at your local supermarket or chemist.

They are available in milkshake and soup styles in a range of flavours. Mix the milkshakes with full fat milk and mix the soups with water as directed on the packaging.

Fortified milk

The calorie and protein content of full fat milk can be increased by adding milk powder as follows:

Ingredients

- Skimmed milk powder, eg Marvel or your supermarket’s own brand
- 1 pint full fat milk

Method

- Take 2-4 tablespoons of skimmed milk powder (dependent on taste – more is better.)
- Add to a small amount of milk and mix to a paste.
- Add the paste to one pint of full fat milk and mix.
- Once made up, store in the fridge as normal and use during the rest of the day.

Use the fortified milk in drinks such as tea, coffee and milkshakes or use to make milky bedtime drinks such as Horlicks, Ovaltine or Cocoa. Alternatively just add 1-2 tsp of



skimmed milk powder to hot drinks. Or try some of the recipe ideas below.

Dairy free? If you have an allergy or intolerance, try a milk alternative instead. Soya milk is a good choice for protein content. Or try our Fruit Punch recipe on Page 4.

Recipes using fortified milk

All these recipes use fortified milk made up with 3 tablespoons of skimmed milk powder per pint of full fat milk. Using 4 tablespoons per pint would increase the calorie and protein in the drinks. The fortified milk recipe is on page 1.

Hot Treats

Spicy Night Cap

- 200 ml fortified milk
- 1 teaspoon syrup
- A pinch of ground cinnamon
- A pinch of mixed spice
- 3-4 teaspoons whisky or brandy (unless you have been advised not to drink alcohol)

Warm the milk in a saucepan. Add syrup, ground cinnamon, mixed spices and alcohol if using.

Serve hot.

250 kcals, 12g protein



Warming Soup

- 200mls fortified milk
- 1 packet of instant soup
- 2 tablespoons double cream

440 kcals, 14g protein

Empty contents of packet soup in to a mug.

Warm the milk and mix with the powder in the mug.

Add cream to serve.



Chocolate Dream

- 150mls fortified milk
- 2 tablespoons double cream
- 1 teaspoon hot chocolate powder

210 kcals, 10g protein

Warm all ingredients together.

Sweeten to taste.

Serve and enjoy.



Cool Refreshers

Fruit Refresher

- 150g pot strawberry yogurt (not low fat or diet)
- 130mls fortified milk
- 2 teaspoons honey

Mix ingredients together and enjoy.

330 kcals, 12g protein



Banoffee Treat

- 1 small banana
- 150mls fortified milk
- 100g pot crème caramel
- 1 teaspoon syrup

Mash the banana, mix with the other ingredients and blend or sieve until smooth.

350 kcals, 14g protein

Chill and serve.



Chocolate Smoothie

- 200mls fortified milk
- 2 scoops chocolate ice cream
- 1 tablespoon chocolate powder eg drinking chocolate

Blend all ingredients together chill and serve.

470 kcals, 17g protein



Kiwi Carnival

- 3 ripe kiwi fruit
- 150g thick and creamy plain yogurt
- 100mls fortified milk
- 1 tablespoon honey

Blend all ingredients together and serve chilled.

300 kcals, 16g protein



Coffee Calypso

- 200mls fortified milk
- 2 teaspoons instant coffee powder
- 1 tablespoon double cream
- 1 scoop ice cream
- Sugar to taste

Blend all ingredients together and enjoy.

380 kcals, 14g protein



Tired of milky drinks?

Milk-free recipe

Fruit Punch

- 180 ml fresh apple juice
- 40 ml undiluted blackcurrant squash or cordial – full sugar version, NOT “sugar free”, “diet” or “no added sugar”
- 10g (2 x 5g sachets) egg white powder*

* You will find Dr Oetker sachets in the home-baking section of major supermarkets. Or you can buy larger, better value packs online.

200 kcals, 8.5g protein

Mix undiluted cordial into egg white powder until there are no lumps (do not whisk).

Gradually mix in fruit juice, shake or stir and serve.

Try mixing and matching different cordial and fruit juice flavour combinations, eg orange, cranberry, elderflower.



Contact information

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The Trust's Patient Information Service is here to help you to find out more about health condition, local support groups and healthy living

The Patient Information Service is at Airedale General Hospital
Tel: 01535 294413 Email: your.health@anhst.nhs.uk
Web: www.airedale-trust.nhs.uk/YourHealth

If you require this leaflet in other languages or formats please telephone the Patient Advice and Liaison Service (PALS) on **01535 294019**

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