Nourishing drinks provide you with extra energy and calories as well as fluid to keep you hydrated.

Why do I need nourishing drinks?
- You may have lost weight due to illness.
- You may need extra nourishment.
- You may have a poor appetite and find fluids easier to take.

Many people fill up on drinks such as tea, coffee, Oxo, Bovril, fizzy drinks, broth soups and water when they are feeling unwell. These drinks offer little nutritional value and simply fill you up without providing any nutrition.

The following suggestions provide you with an increase in energy and protein along with other essential nutrients:

**Enriched Milk**
Add 4 tablespoons of milk powder to 1 pint of full fat milk (blue top) and mix well.

**Banana Smoothie**
(349-582 kcal and 8-4 g protein)
£0.42-£0.52 per serve
- 200ml full fat milk (blue top) or enriched milk*
- 1 small ripe banana
- 1 scoop ice cream or double cream
- 1 teaspoon sugar/honey

Liquidise banana and all ingredients together and serve chilled.

**Fruit Blast**
(273-387 kcal and 0.5-2.5 g protein)
£0.28-£0.31 per serve
- 100ml fresh fruit juice
- 100ml lemonade
- 1 scoop ice cream or double cream
- 1 tablespoon sugar

Mix together and serve chilled.

Developed by Nutrition and Dietetics Services at Central London Community Healthcare, March 2010
Super Shake
(446-737 kcal and 8-16 g protein)
£0.42-£0.64 per serve

- 200mL full fat milk (blue top) or enriched milk*
- 3 tablespoons (45ml) double cream
- 1 scoop ice cream
- 4 teaspoons milk powder
- 2 teaspoons milk shake flavouring (eg Nesquik/Crusha)

Blend for 15 seconds

Yoghurt and Berry Smoothie
(395-513 kcal and 13.5-17.5 g protein)
£1.12-£1.25 per serve

- Small pot of Greek yoghurt
- Handful of frozen berries
- 1 small banana
- 150mL full fat milk (blue top) or enriched milk*

Blend until smooth.

NOTE: If you have problems swallowing ask your GP to refer you to a Speech & Language Therapist. If you are taking thickened fluids, all fluids need to be thickened as directed by your Speech & Language Therapist.

If you have Diabetes or High Cholesterol speak with your Doctor or Dietitian before starting.
Over The Counter Supplement Drinks
Over The Counter Supplement drinks are high energy and protein drinks that are available from most supermarkets and some chemists, and are available over the counter without a prescription.

There are two varieties including those that are “ready to drink” straight from the tin, or those that are powdered and need to be mixed with milk before consuming.

Ready to Drink
e.g. Nurishment™, Nutrament™, Supligen™
Serve these drinks chilled or over ice. You can incorporate them into your meals e.g. pour over ice cream or add the neutral flavour to soups.

For a savoury option, Build Up soups are also available. For extra calories add 2 tablespoons of double cream, a dollop of margarine/butter or some extra vegetable oil.

Powdered
e.g. Build Up™, Complan™
Make these according to the directions on the pack using full fat milk (blue top). For extra calories add 2 tablespoons of double cream and ice cream.
These drinks are not designed to be used in place of meals; they are intended to provide a ‘top-up’ of energy and protein while your appetite and/or oral intake is poor. They should be taken in between meals or as a bed time drink so as not to spoil your appetite.

**NOTE:** If you have problems swallowing ask your GP to refer you to a Speech and Language Therapist. If you are taking thickened fluids, all fluids need to be thickened as directed by your Speech & Language Therapist.

If you have Diabetes or high Cholesterol speak with your Doctor or Dietitian before starting.

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**Supplement drinks**

<table>
<thead>
<tr>
<th>Supplement name</th>
<th>Size</th>
<th>Energy (calories)</th>
<th>Protein</th>
<th>Fibre</th>
<th>Company</th>
</tr>
</thead>
<tbody>
<tr>
<td>Supligen™</td>
<td>400 ml tin</td>
<td>440 kcal</td>
<td>16.4g</td>
<td>None</td>
<td>Nestle</td>
</tr>
<tr>
<td>Nutrament™</td>
<td>356 ml tin</td>
<td>360 kcal</td>
<td>16.0g</td>
<td>None</td>
<td>Novartis</td>
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<tr>
<td>Nurishment™</td>
<td>420 ml tin</td>
<td>428 kcal</td>
<td>21.0g</td>
<td>None</td>
<td>Dunns River</td>
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<tr>
<td>Complan™</td>
<td>57g powder sachet made with 200 ml full fat milk</td>
<td>385 kcal</td>
<td>15.0g</td>
<td>None</td>
<td>Complan Foods</td>
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<tr>
<td>Build Up™</td>
<td>38g powder sachet made with 200 ml full fat milk</td>
<td>263 kcal</td>
<td>15.2g</td>
<td>3g</td>
<td>Nestle</td>
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<tr>
<td>Build Up™ Soup</td>
<td>49g powder sachet made with 150 ml boiling water</td>
<td>200 kcal</td>
<td>7.5g</td>
<td>3g</td>
<td>Nestle</td>
</tr>
</tbody>
</table>

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