

Nourishing drinks

Getting more out of your fluids

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.



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.

Ready-Made Drinks

Available from supermarkets and most grocery shops:

- Mars™, Mars Extra™, Mars Active™, Yazoo™, Galaxy™, Aero™, Bounty™
- Innocent Smoothies, supermarket brand smoothies



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.

Powdered

e.g. Build Up™, Complam™
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.

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.



advice and tips for you

Supplement drinks

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

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.

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