

# Patient information

## Nourishing drinks

Nourishing drinks are a great way to get extra calories, protein, vitamins, and minerals. Swapping some low-calorie drinks to nourishing options can be an easy way to support you to meet your nutritional needs. This leaflet provides information on nourishing shop bought options, and recipes to make at home.

Try including one to three of these per day between meals.

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## Readymade drinks

Milkshake drinks	Fruit based drinks
Per 100ml: 50-75kcal and 3-5g protein	Per 100ml: 40-50kcal, 1g protein
<ul style="list-style-type: none"> <li>Frijj®</li> <li>Shaken Udder® milkshakes</li> </ul>	<ul style="list-style-type: none"> <li>Innocent® smoothies</li> <li>Naked® smoothies</li> </ul>

<ul style="list-style-type: none"> <li>• For Goodness Shakes® High protein shakes</li> <li>• Fuel10K®</li> <li>• Supermarket own-brand milkshakes</li> </ul>	<ul style="list-style-type: none"> <li>• Supermarket own brand smoothies</li> <li>• Pure fruit juice</li> <li>• High juice</li> </ul>
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Shop bought nourishing drinks are easy, practical and require minimal preparation.

Options to look out for (not an exhaustive list):

Dairy free drinks	Coffee based drinks
Per 100ml: 50-70kcal, 5g protein <ul style="list-style-type: none"> <li>• Starbucks® dairy free iced coffee/vanilla macchiato</li> <li>• Oatly® chocolate/vanilla drink</li> <li>• Alpro® chocolate /vanilla/strawberry drink</li> <li>• Alpro Plant protein soya drink</li> <li>• Califa farms® dairy free coffee-based drinks</li> <li>• Shaken other® dairy free</li> <li>• BOL® Power shake</li> <li>• Lucozade® original</li> </ul>	Per 100ml: 50-60kcal, 2-3g protein) <ul style="list-style-type: none"> <li>• Artice coffee®</li> <li>• Emmi® Café latte</li> <li>• Starbucks® iced coffee</li> <li>• Jimmy's® coffee</li> </ul>
	Breakfast-style drinks
	Not to replace breakfast. Per 100ml: 50-81kcal, 3g protein <ul style="list-style-type: none"> <li>• Weetabix On The Go®</li> <li>• Up &amp; Go®</li> </ul>

## Quick and easy nourishing drinks

### Hot milky drinks (make up with fortified milk):

All milk coffee, Ovaltine®, Horlicks®, hot chocolate (avoid low calorie types).

- Add double cream, sugar, coffee syrup, squirty cream and ice cream to add further calories.

### Cold milky drinks (make up with fortified milk):

Milkshakes, homemade iced coffee, mango lassi.

- Add a scoop of ice cream, yogurt or cream for extra nourishment! Whisk or blend all ingredients together.

### Fruit smoothie:

Blend fruit (for example banana, strawberries) with milk plus ice cream/yogurt and honey or malt.

### Ice cream soda:

This can be made by adding lots of ice cream to a fizzy drink.

### Savoury drinks:

Make up a cup a soup (choose creamy varieties) with fortified milk.

### Fortified milk

**Ingredients**

- 4tbsp dried skimmed milk powder
- 1 pint of whole milk.

**Method**

1. Add milk powder to a jug and add a small amount of milk to mix into a paste.
2. Then top up with the rest of the milk to ensure it is fully mixed in.

This adds approx. 200kcal, 20g protein, extra vitamin A, vitamin D and calcium.

Store in the fridge and use throughout the day.

## Making a well-balanced nourishing drink


Nourishing drinks should provide a balance of protein, calories and vitamins and minerals. The below can be used as a guide for creating your own balanced nourishing drinks.

Calories	Protein	Vitamins and minerals
To help meet your energy needs	Protein is essential for muscle maintenance and repair	Nutrients your body needs to work properly and stay healthy
Nut butters* Ground nuts* Avocado* Ice cream Chocolate spread Chocolate hazelnut spread* Syrups Jam Seeds* Cream Cocoa powder* Cream cheese Coconut oil Coconut milk	Skimmed milk powder Nut butters* Pea, soy or whey protein powder Greek yogurt Whole milk Egg white powder (do not whisk) Soy milk Ground almonds* Flaxseeds* Silken tofu Chickpeas* High protein yogurts	Fruit (fresh, tinned or frozen)* Fruit juice Fortified milkshake powder Malt powder (e.g. Horlicks/Ovaltine) Nuts, seeds or nut butters* Spinach Avocado* Cocoa powder* Oats* Dates* Milk or fortified plant-based milks Flaxseed or chia seeds*

\* Good source of fibre

## Recipes for nourishing drinks

Tip: be creative! Add in or swap out ingredients to make it your own.

Symbol guide	
	Blender required
£	0-70p per serving
££	>70p per serving

### Milky drinks

#### Simple milkshake

**Nutrition:** 352kcal, 16g protein, 23g carbohydrates £

## Ingredients

- 180ml whole milk
- 2 tablespoon skimmed milk powder
- 20g (4 teaspoons) vitamin fortified milkshake powder e.g. Nesquick®, Aldi Cowbelle milkshake powder, Asda milkshake mix, Lidl Goody Cao
- 2 tablespoons double cream.

## Preparation

1. Add skimmed milk powder and milkshake powder to a glass. Add a small amount of milk and mix until smooth.
2. Add the rest of the milk and stir thoroughly until well mixed.
3. Add double cream and mix.



## Milky coffee / hot chocolate / malt drink

**Nutrition:** 342-397kcal, 16g protein, 21-32g carbohydrates £ ♻️

## Ingredients

- 180ml whole milk
- 2 tablespoons skimmed milk powder
- 1 teaspoon instant coffee or 1 heaped tablespoon drinking chocolate or 4 teaspoons malted milk powder e.g. Ovaltine®, Horlicks®
- 2 tablespoons cream or scoop of ice cream.

## Preparation

1. Add the milk powder into a glass. Add a small amount milk and mix into a paste, then add the rest of the milk and mix.
2. Warm milk either in microwave or on the hob, do not boil!
3. Add coffee, cocoa or malted milk powder and stir until well mixed.



## Fruity milkshake

**Nutrition:** 408kcal, 16g protein, 54g carbohydrates £ ♻️

## Ingredients

- 100ml whole milk
- 2 tablespoons skimmed milk powder
- 2 scoops ice cream e.g. vanilla, strawberry, raspberry
- Handful of fruit e.g. banana, strawberries.

## Preparation

1. Add the milk powder into a glass. Add a small amount milk and mix into a paste, then add the rest of the milk and mix.
2. Add ice cream and fruit and blend.



## Nutty chocolate milkshake

**Nutrition:** 334-497kcal, 17-26g protein, 33g carbohydrates ££

## Ingredients

- 2 scoops vanilla ice cream or 1 banana
- 100ml whole milk
- 2 tablespoons skimmed milk powder
- 1-2 tablespoons chocolate hazelnut or chocolate spread or peanut butter
- 1 tablespoon cocoa or chocolate milkshake powder (optional).

## Preparation

1. Blend all ingredients together with a stick blender or food processor.



## Yogurt based drinks

### Yogurt delight

**Nutrition:** 357kcal, 14g protein, 53g carbohydrates £ £

#### Ingredients

- 1 pot of full fat yogurt (125g) fruit flavoured or vanilla
- 100ml whole milk
- 1 tablespoon skimmed milk powder
- 2 heaped teaspoons of seedless jam or small handful of strawberries/raspberries or 2 tsp honey.

#### Preparation

1. Blend or mix all ingredients until smooth.



## Smoothie recipes

### Fruit smoothie

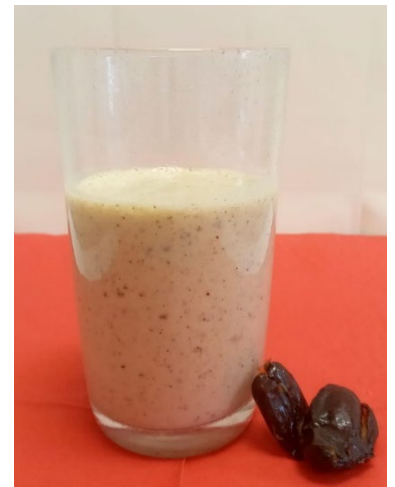
**Nutrition:** 437kcal, 19g protein, 51g carbohydrates ££ £

#### Ingredients

- 150ml whole milk
- 1 handful fruit of your choice (fresh, frozen or tinned)
- 3 pitted dates
- 2 tablespoons skimmed milk powder
- 1 tablespoon cashew or almond butter.

#### Preparation

1. Add all ingredients to a blender and blend until smooth.



### Strawberry and avocado smoothie

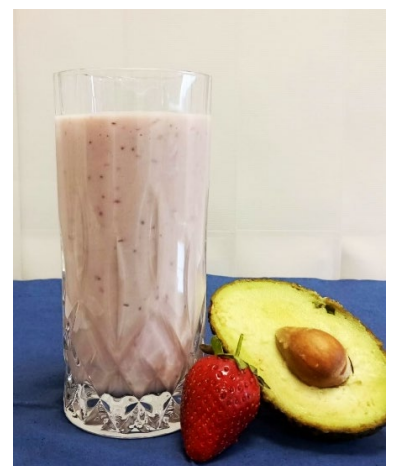
**Nutrition:** 364kcal, 11g protein, 31g carbohydrates ££ £

#### Ingredients

- ½ avocado
- 100g strawberries
- 150ml whole milk
- 1 tablespoon skimmed milk powder
- 2 teaspoons honey.

#### Preparation

1. Add all ingredients to a blender and blend until smooth



## Savoury drinks

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### Calorific Cup-a-Soup

**Nutrition:** 177kcal, 11g protein, 16g carbohydrates £

#### Ingredients

- 200ml whole milk
- 1 sachet of cup-a-soup (cream of variety)
- 1 tablespoon skimmed milk powder.

#### Preparation

1. Add the milk powder into a glass. Add a small amount milk and mix into a paste, then add the rest of the milk and mix.
2. Warm milk either in microwave or on the hob, do not boil!
3. Add sachet of soup and stir until well mixed.



## Juice based drinks

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### Fruity juice drink

**Nutrition:** 177kcal, 5g protein, 37g carbohydrate £

#### Ingredients

- 180mls fruit juice
- 40mls undiluted high juice/cordial (avoid no added sugar)
- 5g (1 x 5g) egg white sachet.

#### Preparation

1. Put egg white powder in glass. Add high juice squash and mix with spoon (not fork or whisk!).
2. Gradually add juice.





## Vegan and dairy free recipes

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You can adapt the above recipes to be vegan or dairy free.

Swap...

Dairy milk → dairy free milk.

Dairy cream, ice cream and yogurts → dairy free soya or oat cream, dairy free ice cream and dairy free yogurts.

Skimmed milk powder → Ecomil almond milk powder or soya protein or pea protein or other suitable protein sources such as ground nuts, nut butters.

Honey → Golden syrup or maple syrup.

Soya milk and oat milk are the highest in calories and protein. Avoid organic products as these are not fortified with vitamins and minerals, meaning you may miss out on key nutrients such as calcium, iodine, vitamin B12 and vitamin D.

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### Chocolate peanut butter shake

**Nutrition:** 391-421kcal, 18-21g protein, 32-38g carbohydrate ££ 🌀

#### Ingredients

- 3 dates
- 150ml dairy-free milk
- 1 ½ tablespoons smooth peanut butter
- ½ tablespoon golden syrup
- 1-2 teaspoons cocoa powder
- 1 tablespoon soy or pea protein powder.

#### Preparation

1. Add all ingredients to a blender. Blend until smooth.



### Banana and blueberry smoothie

**Nutrition:** 314-334kcal, 16-18g protein, 29-34g carbohydrates ££ 🌀

#### Ingredients

- 1 small banana
- 100ml fortified dairy-free milk
- 1 tablespoon vegan protein powder
- 20g blueberries
- 1 tablespoon oats or flaxseed
- 1 tablespoon peanut butter
- 1 teaspoon golden syrup (optional).

#### Preparation

1. Put all ingredients into a blender and blend until smooth.

Drink immediately as oats will thicken this drink.





## Oreo thick shake

**Nutrition:** 314-332kcal, 11-13g protein, 37-41g carbohydrates ££ 

### Ingredients

- 90ml dairy-free milk
- 3 Oreo® cookies
- 2 scoops of vegan vanilla ice cream
- 1 tablespoon soy or pea protein powder.

### Preparation

1. Add all ingredients to a blender and blend until smooth.



## Simple shake

**Nutrition:** 160-260kcal, 13-16g protein, 17-32g carbohydrate £-££

### Ingredients

- 150ml dairy free milk
- 1 teaspoon soy or pea protein powder
- For a chocolate shake: 1tbsp cocoa powder and 4tsp golden syrup
- For a strawberry shake: 1tbsp smooth strawberry jam
- For a vanilla shake: 1-2 scoops vanilla ice cream and dash of vanilla flavouring.

### Preparation

1. Choose your flavour
2. Add all ingredients to a blender and blend until smooth.



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