

Nourishing Drinks

Nourishing drinks contain higher amounts of energy and/or protein than drinks such as tea, coffee, clear soups, and fruit squash. They can be useful to supplement the diet and increase your overall nutritional intake, in addition to keeping you well hydrated.

You may have been advised to have regular nourishing drinks by the dietitian or doctor due the following reasons:

- You are underweight or have had recent significant weight loss
- You have had recent surgery or have wounds
- You have having difficulties eating because of mouth ulcers, dry or sore mouth
- You have a low appetite but find fluids easier

Nourishing drinks are not designed to be taken in place of meals; they are intended to provide a 'top-up' of energy and protein to help you to meet your body's requirements for nutrition. They should be taken in between meals or before bed to avoid spoiling your appetite.

Consider using the recipes below for nourishing homemade drinks, or alternatively there are several over the counter options available (see overleaf).

Homemade sweet drinks can be enriched with liquids such as coconut milk, sweetened condensed milk, evaporated milk, honey, maple syrup and canned fruit in syrup. For savoury drinks and soups use double cream, soured cream, soft or grated cheese, or ground nuts. Soya milk and other dairy/lactose free alternative milks e.g. oat milk, lactofree® are suitable to use.

Always adhere to guidance from the Speech and Language Therapist if you have been advised to take thickened fluids.

Homemade Nourishing Drinks Recipes

Fortified Milk

½ pint (280ml) full fat (whole) milk

2 tablespoon (30g) dried milk powder

Whisk a small amount of the milk with the powder to form a paste. Slowly add remaining milk.

Fortified milk can be used in hot drinks such as coffee, hot chocolate, malted drinks such as Horlicks®, Milo® or Ovaltine®, instant milkshakes such as Nesquick® or Crusha®, or instant soups.

Kept in the fridge in an airtight container this milk will last as long as regular milk. However, it is advisable to use the batch within 24 hours for maximum nutritional benefit.

