

## Nourishing Drinks

You may find it easier to boost your nutritional intake by having nourishing drinks throughout the day rather than eating more at meal times. Try some of our suggestions below, or see our 'Super Shakes' resources for more recipe ideas. If you have diabetes, speak to your GP, nurse or diabetes team before starting nourishing drinks.



**Tip:** Aim to drink at least 2 nourishing drinks per day to help prevent weight loss and encourage weight gain.

- Have nourishing drinks in between your meals**, not in place of one!
- Choose full fat and full sugar products** rather than 'diet', 'sugar free' or 'skimmed' varieties as these provide more calories.
- Use milk, dairy-free milk alternative or fruit juice as base ingredients** in your drinks rather than water.
- Make fortified milk** to boost protein and calorie content. Add 2-4 tablespoons of dried milk powder to a pint of milk, stir until dissolved and use like regular milk. Marvel, Nido<sup>®</sup> or supermarket-own brands are available.
- Try fruit smoothies** to help improve your vitamin and mineral intake.
- Relax with a warm milky drink** such as Horlicks<sup>®</sup>, Ovaltine<sup>®</sup> or cocoa before bed.



## Recipe Suggestions

- Simple Milkshake:** 200ml fortified milk, 1 scoop of ice cream or 1 small yoghurt, fresh fruit or flavoured milkshake powder = *approx. 300kcal and 10g protein*
- Fruit Smoothie:** 150ml of orange juice, 1 banana, 2 teaspoons of honey, 4 tablespoons of tinned peaches (in syrup) = *approx. 265kcal and 2g protein*
- Iced Coffee:** 200ml fortified milk, 2 teaspoons of instant coffee, 2 tablespoons of sugar = *approx. 330kcal and 11g protein*
- Chocolate Dream:** 200ml fortified milk (warm), 1 tablespoon drinking chocolate, sugar to taste = *approx. 230kcal and 17g protein*