Nourishing Drinks
Information for patients, relatives and carers

For more information, please contact:
Department of Nutrition and Dietetics

Scarborough Hospital
Tel: 01723 342415
Woodlands Drive, Scarborough, YO12 6QL

The York Hospital
Tel: 01904 725269
Wigginton Road, York, YO31 8HE

Caring with pride
Introduction

If your appetite is poor, try having nourishing drinks between meals. This is an easy way to make sure you are having enough nutrition. Complan, Meritene or own brand (sweet and savoury products) are available from chemists or supermarkets. Alternatively here are a few examples to make your own.
Easy nourishing drinks

Fortified milk

Add four tablespoons (60g) of skimmed milk powder to one pint of full cream milk.

<table>
<thead>
<tr>
<th></th>
<th>Calories</th>
<th>Protein</th>
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<tbody>
<tr>
<td>60g Skimmed milk powder</td>
<td>212 Kcal</td>
<td>22g Protein</td>
</tr>
<tr>
<td>1 pint whole milk</td>
<td>364 kcal</td>
<td>18g protein</td>
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<tr>
<td>1 pint fortified milk</td>
<td>576 kcal</td>
<td>40g protein</td>
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<tr>
<td>200ml fortified milk</td>
<td>202 kcal</td>
<td>14g protein</td>
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Use fortified milk instead of water when making coffee, hot chocolate or bedtime drinks.

Have full sugar squash, fresh fruit juice, Lucozade, full sugar tonic or lemonade with lime or blackcurrant juice.
Milk style drinks

Luxury chocolate cup
Dissolve four squares (30g) of chocolate in 200ml fortified full cream milk
Add sugar/honey to taste
Approx. 480kcal and 26g protein

Mocha warmer
200ml fortified milk
One tablespoon of drinking chocolate
One teaspoon of instant coffee
Sugar/honey to taste
You can also add a tablespoon of double cream
Approx. 210kcal 14g protein

Chocolate Smoothie
200ml fortified milk
Two scoops of chocolate ice cream and
One tablespoon of hot chocolate powder / cocoa
Approx. 460kcal and 21g protein
Nice ‘n’ Nutty
Whisk together:
200ml fortified milk
Two tablespoons double cream
Two tablespoons condensed milk
Two tablespoons hazelnut chocolate spread
One tablespoon dried milk powder

Approx. 580kcal and 15g protein

Bourbon Cream Dream
Crush and mix:
Four bourbon cream biscuits into fine crumbs
200ml fortified milk
Two tablespoons condensed milk
One tablespoon dried milk powder
Try replacing the bourbon cream biscuits with custard creams or gingernuts

Approx. 560kcal and 17g protein

Iced Peanut Butter Coffee
One teaspoon coffee granules
25ml hot water
200ml fortified milk
50g peanut butter
Six ice cubes
Dissolve coffee and hot water
Blend ingredients together and serve

Approx. 489kcal and 21g protein
Juice style drinks

**Berry Delight**
No blender required, simply combine:
Two 50g pots fromage frais yoghurt
100ml cranberry juice
Five tablespoons double cream
One tablespoon strawberry milkshake powder

Approx. 550kcal and 13g protein

**Fruity float**
125ml fruit juice
125ml regular lemonade
One teaspoon sugar
One scoop of ice cream

Approx. 195kcal and 3g protein

**Ginger lime**
250ml of ginger beer
Two tablespoons of lime cordial
One pot of natural yoghurt

Approx. 150kcal and 7g protein

**Fruit blast**
100ml fresh fruit juice
100ml lemonade
One scoop ice cream
One tablespoon double cream
One tablespoon sugar

Approx. 335kcal and 2g protein
Fruit juice delight
125g pot full fat yoghurt
200ml fresh fruit juice
One tablespoon double cream
Approx. 270kcal and 7g protein

Lemon & Lime Sublime
Whisk together & pour through a strainer to serve.
100ml lemonade
100ml lime cordial
Two and a half tablespoons of lemon curd
Two and a half tablespoons of icing sugar
One tablespoon of golden syrup
Approx. 316kcal and 1g protein

Eton Mess
Blend together:
Two meringue nests (approx. 30g)
150ml soya milk
Two and a half tablespoons strawberry milkshake powder
Two and a half tablespoons strawberry jam
One and a half tablespoons icing sugar
Approx. 520kcal and 6g protein
Other drinks

Cinnamon Spice
A third of a pint full cream milk
One tablespoon of golden syrup
Pinch cinnamon
Pinch mixed spice
Heat milk, add syrup, cinnamon and mixed spice and serve warm

Approx. 170kcal and 7g protein

Frozen Coconut Limeade – serve ice cold
Blend ingredients together:
200ml coconut milk
50ml double cream
30ml lime juice/juice of two limes
One tablespoon sugar
10 ice cubes

Approx. 466kcal and 1g protein

Cucumber and Yoghurt
Half a cucumber
150ml natural yoghurt
30ml double cream
75ml whole milk
One tablespoon chopped mint
One teaspoon lemon juice
Half clove garlic
Blend ingredients and sieve before serving

Approx. 429kcal and 11g protein
Soups

**Chicken soup**
Dissolve half a chicken stock cube in 200ml hot fortified whole milk
Approx. 210kcal and 15g protein

**Beef soup**
Dissolve one teaspoon of Marmite or Bovril in hot fortified milk
Approx. 210kcal and 16g protein

**Fortified soup**
Add natural Complan, Meritene, or own brand equivalent drinks, or dried milk powder to canned or packet soup. Crème fraiche, Greek yoghurt, cream, grated cheese or parmesan cheese also add flavour and nourishment.

Adding 28g (four scoops) Complan or Meritene will add approximately 125kcal and 4g protein to your soup.
Tell us what you think of this leaflet

We hope that you found this leaflet helpful. If you would like to tell us what you think, please contact: Mrs Heidi Seaward, Office Manager, Nutrition and Dietetic Department, Scarborough Hospital Woodlands Drive, Scarborough, YO12 6QL, Tel: 01723 342415 or email heidi.seaward@york.nhs.uk.

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01904 725566
email: access@york.nhs.uk

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