

Nourishing drinks

A 'food first' approach

Drinking nourishing drinks between meals can help give you extra energy and protein.

It's important that you have these in addition to regular meal and snacks, rather than as a replacement. **Aim to drink two servings each day.**

Homemade fortified milkshake

Ingredient for one serving

- 250ml whole milk (blue top)
- 3 tablespoons (18g) dried skimmed milk or whole milk powder
- 4 teaspoons (16g) milkshake powder flavouring

Method

1. Using a fork or shaker, blend the dried milk powder and the milkshake powder together with a little milk.
2. Gradually mix in the remaining milk, and serve.



Milk powder can be found in supermarkets and health food shops – see the next page for examples of brands and their energy and protein values. When looking at **flavourings**, choose one with added sugar, vitamins and minerals, such as Nesquik®. Supermarket own-brand alternatives may be cheaper.

The basic recipe provides approximately 300kcal and 15g protein.

For even more calories, try adding any of the following:

- 2 tablespoons double cream
- Scoop of ice cream
- Liquidised seasonal fruits
- Whipped cream on top
- Small pot of thick and creamy yoghurt
- Marshmallows and/or chocolate flakes

Other high-calorie milky drinks, such as hot chocolate, Ovaltine™ and Horlicks™ can also be fortified with whole milk, skimmed milk powder, double cream and sugar.

You can also buy commercially-prepared supplement drinks and soups in supermarkets and chemists without a prescription. Brands to look out for include: Complam™, Nurishment™, Meritene™ (formerly known as Build Up), Meritene Active™ and Aymes Retail™.

Do you have a small appetite or need to gain weight? Ask your doctor or dietitian for the leaflet 'Making the most of what you eat' for practical ideas on how to fortify your food and drinks.

Milk powders

Marvel Dried Skimmed Milk Powder

	Per 100g	Per tbsp. (9g)	Per tsp. (3g)
Energy (kcal)	346	31	10
Protein (g)	35	3.1	1

Price (RRP): £4.00 for 278g (£1.44/100g)



Nido Whole Milk Powder

	Per 100g	Per tbsp. (9g)	Per tsp. (3g)
Energy (kcal)	503	45	15
Protein (g)	25	2.3	0.7

Price (RRP): £3.75 for 400g (£0.94/100g)



Coffee-Mate

(Good source of energy, but not recommended for those with additional protein needs.)

	Per 100g	Per tbsp. (9g)	Per tsp. (3g)
Energy (kcal)	548	49	16
Protein (g)	2	0.2	0.06

Price (RRP): £2.60 for 500g (£0.52/100g)



Note: Supermarket own-brands may be cheaper.

