

Patient Information

## Department of Nutrition and Dietetics

# Nourishing Drinks

If you have a poor appetite or have lost weight, everything that you eat and drink should be as nourishing as possible. Getting enough fluid is important, but water, tea and coffee do not provide much nutrition. This leaflet will give you some ideas of drinks that are good sources of energy and protein. Try to have two or three of these drinks every day.

### When to Have Your Nutritious Drinks

Aim to have your drinks in between meals so that you are not too full to have your next meal. Make sure you are still drinking other fluids, such as water and tea, so that you meet your daily requirement of six to eight cups of fluid each day.

### Milk and Milky Drinks

Milk is a particularly nutritious drink. It is not only a source of energy (calories) and protein, but also provides calcium, which is important for bone health. When you have a poor appetite, you should try using full fat/whole (blue top) milk. If you find full fat milk too rich, you can use semi-skimmed milk.

You can make milk more nutritious by 'fortifying' it. Mix 3 to 4 tablespoons of dried milk powder to one pint of full fat milk and then use as normal, for example, on cereal, in tea and coffee and milk based sauces.

### Ideas for Cold Milky Drinks

**Milkshakes** - Add your favourite milkshake flavouring, such as milkshake powder or syrup, to a glass of fortified milk. Try adding a scoop of ice cream, creamy yoghurt or spoon of cream for extra calories. You can also



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add fresh, tinned or frozen fruit, other flavourings such as honey, cinnamon, sugar or a couple of spoons of fruit juice.

Many supermarkets have a range of ready to drink milkshakes and smoothies that you could buy instead of making your own drinks. Some examples include Yazoo<sup>®</sup>, Friij<sup>®</sup>, Galaxy<sup>®</sup>, Mars<sup>®</sup>, or try supermarket own brands.

### Milkshake Recipe

170ml full fat/whole milk (blue top)

30ml double cream

5 heaped teaspoons dried milk powder

3 heaped teaspoons milkshake powder (e.g. Nesquik<sup>®</sup>, Crusha<sup>®</sup> or supermarket own brands)

Mix the milk powder with enough milk to form a smooth paste

Add the remaining ingredients

Whisk together well

1 portion provides 360 calories and 12g protein

**Complan<sup>®</sup> and Meritene<sup>®</sup>** are available upon request from many supermarkets and pharmacies and online. These are powdered supplement drinks that come in sachets that you make up with milk. Try making these using fortified milk (or fruit juice if you don't like milk). Some supermarkets and pharmacies also stock ready-made high energy drinks, such as Supligen<sup>®</sup>, Nutrament<sup>®</sup> and Nurishment<sup>®</sup>, which you can have if you want.



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### Ideas for Hot Milky Drinks

Make these drinks using fortified milk or whole milk. Add cream for extra calories.

- Hot Chocolate
- Horlicks or Ovaltine
- Milky Coffee

### Other High Energy Drinks

If you dislike milk, try the drinks listed below. Some of these drinks may not be suitable if you have diabetes. Speak with your dietitian, GP or nurse for advice.

**Fizzy Drinks** - cola, lemonade, cream soda, Lucozade® and ginger ale can be included as part of your diet. Avoid the reduced sugar versions while your appetite is poor.

**Sports Drinks** - some are low in calories and are intended more as a source of vitamins or minerals. If you choose to have a sports drink, look for one that contains sugar or syrup near the beginning of the ingredients list.

**Alcohol** - A small amount of alcohol in your diet not only provides you with a source of energy, but can help to improve your appetite. Always check with your GP or pharmacist whether you can include alcohol in your diet.

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