University College Hospital

Nourishing drinks
Department of Nutrition and Dietetics
If you would like this document in another language or format, or require the services of an interpreter, contact us on 020 344 79289. We will do our best to meet your needs.

Contents

1. Quick summary 3
2. Introduction 5
3. Enriched (fortified) milk 6
4. Types of nourishing drinks 7
5. Ready-made nourishing drinks 9
6. Over the counter supplement drinks 9
7. Supplement Drinks on Prescription 10
8. Recipes 10
9. More ideas from around the world 15
10. Contact details 16
11. How to find us 17

Space for notes and questions 18
## 1. Quick Summary

<table>
<thead>
<tr>
<th>Have MORE:</th>
<th>Have LESS:</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Cold milky drinks</strong></td>
<td><strong>Hot drinks</strong></td>
</tr>
<tr>
<td>Full fat or enriched milk</td>
<td>Hot chocolate or malt drinks prepared with</td>
</tr>
<tr>
<td>Milkshakes or smoothies prepared with</td>
<td>full fat or enriched milk</td>
</tr>
<tr>
<td>enriched or whole milk</td>
<td>Milky teas or coffees</td>
</tr>
<tr>
<td></td>
<td>Cup-a-soups prepared enriched with milk or</td>
</tr>
<tr>
<td></td>
<td>cream</td>
</tr>
<tr>
<td></td>
<td></td>
</tr>
<tr>
<td><strong>Yogurt drinks</strong></td>
<td><strong>Yogurt drinks</strong></td>
</tr>
<tr>
<td>Full fat pouring yogurts or yogurt drinks</td>
<td>Low fat yogurt drinks</td>
</tr>
<tr>
<td>Smoothies prepared with full fat yogurt</td>
<td></td>
</tr>
<tr>
<td>Full fat lassi (yogurt and fruit drink)</td>
<td></td>
</tr>
<tr>
<td>Have MORE:</td>
<td>Have LESS:</td>
</tr>
<tr>
<td>--------------------------------------------------------------------------</td>
<td>---------------------------------</td>
</tr>
<tr>
<td><strong>Fruit juice and fizzy drinks</strong></td>
<td></td>
</tr>
<tr>
<td>(N.B. Fizzy Drinks are high in sugar and can lead to cavities, good</td>
<td></td>
</tr>
<tr>
<td>oral hygiene is important especially when undergoing radiotherapy</td>
<td></td>
</tr>
<tr>
<td>treatment)</td>
<td></td>
</tr>
<tr>
<td>100% juices</td>
<td>Low sugar squash</td>
</tr>
<tr>
<td>Full sugar drinks (Coke™, Lucozade™)</td>
<td>Diluted juice</td>
</tr>
<tr>
<td>Full sugar squash</td>
<td>Diet drinks</td>
</tr>
<tr>
<td><strong>Ready Made drinks</strong></td>
<td></td>
</tr>
<tr>
<td>Ready to buy milkshakes (e.g. Mars™, Yazoo™, Galaxy™)</td>
<td>Diet ready-made drinks</td>
</tr>
<tr>
<td>Full fat take-away milkshakes</td>
<td></td>
</tr>
<tr>
<td>Ready-made smoothies</td>
<td></td>
</tr>
</tbody>
</table>


2. Introduction

**Nourishing drinks** can be a great way to boost your diet. These drinks will help you stay hydrated as well as provide you with extra calories, protein, vitamins and minerals. Drinks such as water, tea, coffee and squash will fill you up but will offer little nutritional value.

You may be recommended to have nourishing drinks if:

- You have lost weight
- You have a poor appetite
- You need extra nourishment (e.g. to encourage a wound healing)
- You have difficult or painful swallowing and therefore find fluids easier to take
- You have been advised by a Speech and Language Therapist or a Doctor to follow a liquid only diet.

Nourishing drinks can be easily made from readily available products and can be prepared by you or your carer at home. Usually, these drinks are not meant to replace your meals entirely. However, having them between meals, instead of or in addition to eating a snack, or as a bed time drink will boost your diet and will not spoil your appetite.

If you are advised by your doctor or speech and language therapist to only have liquid foods, nourishing drinks can be a great addition to the specialised drinks prescribed by the dietitian or doctor. These drinks can make your diet more varied and enjoyable.
3. Enriched (fortified) milk

Milk is a very nourishing fluid and is a good source of energy and protein. You should always use full fat (blue top) milk when you need extra nourishment. You can boost the calories if you prepare your own enriched (fortified) milk.

<table>
<thead>
<tr>
<th>Enriched Milk Recipe</th>
</tr>
</thead>
<tbody>
<tr>
<td>- Make a paste using 4-5 heaped tablespoons of skimmed milk powder and a little milk.</td>
</tr>
<tr>
<td>- Add the remaining pint of milk gradually to the paste and mix well.</td>
</tr>
</tbody>
</table>

- A glass (200ml) of enriched milk will provided you with 200 calories and 13 grams of protein. This is twice the energy and protein that is in semi-skimmed (green top) milk
- You can have enriched milk on its own or use it in drinks (e.g. Horlicks™, hot chocolate, cup soups), on cereals, in sauces or to make up milkshakes
- Skimmed milk powder brands include: Marvel™, Nestle Nido™. Some supermarkets sell their own brands too.

<table>
<thead>
<tr>
<th>Enriching other liquids</th>
</tr>
</thead>
<tbody>
<tr>
<td>- Savoury liquids can be enriched with double cream, butter, oil, cheese, crème fraiche etc.</td>
</tr>
<tr>
<td>- Sweet liquids can be enriched with sugar, honey, syrup, double cream, etc.</td>
</tr>
</tbody>
</table>
4. Types of Nourishing Drinks

There are a number of different nourishing drinks you can have. They can be served hot or cold, based on milk, yogurt or fruit juice and come in a variety of different flavours. A few ideas are listed below:

**Hot drinks**

- Try hot chocolate or malt drinks (e.g. Ovaltine™, Horlicks™, Bournvita™) prepared with full fat or enriched milk
- Try having very milky tea and coffee or adding double cream or condensed milk
- Try preparing cup soups with milk instead of water and add two tablespoons of double cream or a dollop of margarine, butter or olive oil

**Cold milky drinks**

- Try flavouring full fat or enriched milk with chocolate powder, milkshake powder (e.g. Supermarket’s own brand, Nesquick™), syrup (e.g. Crusha™, rose syrup) or cordials
- Try adding ice-cream to cold milk drinks for extra calories
- Try fruit smoothies prepared with milk, cream or, ice-cream. You can add sugar or honey for extra nourishment

**Milk alternatives**

- If you are lactose intolerant or cannot tolerate cow’s milk temporarily, try soy, coconut, almond, rice, hazelnut or a similar milk as an alternative. Ensure you select a fortified variety to maximise the vitamins and minerals you receive.
You can enrich it with skimmed milk powder (if you tolerate lactose) or soy milk powder which can be bought in health shops or big supermarkets

**Yogurt drinks**

- Try having full fat pouring yogurt or mixing ordinary full fat yogurt with milk to make it easier to drink
- Try flavouring yogurt with milkshake syrup, mashed fruit or honey. Alternatively try adding mint, salt or pepper if you prefer a savoury drink
- Try adding yogurt to fruit smoothies or having yogurt based fruit drinks like lassi

**Fruit juice and fizzy drinks**

- Fruit juice can be a good source of energy, vitamins and minerals. However if your mouth is sore, it might be better to avoid most juices until your mouth feels less sore
- Try fruit juice chilled or warm (e.g. mulled juice). Or add juice to smoothies or milkshakes
- Non-diet fizzy drinks such as Lucozade™, Appletize™, Schloer™, lemonade, Coca Cola™ can provide you with energy but will be low in protein
- Good dental hygiene should be followed whilst undergoing radiotherapy to the Head and Neck regions due to the increased risk of dental caries. These patients should opt for milk or yoghurt based drinks instead.
5. Ready Made Nourishing Drinks

There may be times when you are unable to prepare your own drinks. There are a number of ready-to-drink high energy drinks available in most shops.

Here are a few examples:

- Mars™, Mars Extra™, Bounty™, Yazoo™, Galaxy™, Aero™, Frijj™, Maltesers™, various smoothies and milkshakes

6. Over the Counter Supplement Drinks

Supplement drinks are high energy high protein drinks specially designed for people who require extra nourishment. These drinks are available without a prescription and can be bought in most supermarkets and chemists.

There are two main varieties of supplement drinks including those that are ‘ready to drink’ straight from the package, or those that are powdered and need to be mixed with milk before drinking.

Ready to Drink

- Nurishment™, Complan Smoothie™
- Both can be served chilled or over ice
- These drinks can be incorporated into meals (e.g. pour over ice-cream, or fruit.) Or used as a milkshake or smoothie base
Powdered

- Meritene™ (soups and shakes), Complan™ (soups and shakes),
- Make according to the directions on the pack using full fat milk
- For extra calories add double cream or a scoop of ice-cream

7. Supplement Drinks on Prescription

While you are in hospital or attending clinics, you may be prescribed specially designed nutritional supplement drinks. Wherever possible, these drinks are taken in addition to your meals. A doctor or dietitian will provide you with more information.

8. Recipes

We have collected a handful of delicious and simple recipes, which we hope you enjoy. Do not be afraid to experiment – if you do not have a certain product or item swap it with another one, choose different flavours or even invent your own favourite nourishing drink!

Simple Milkshake

Mix 200ml of fortified milk with syrup or milk powder flavouring (e.g. Nesquick™, Milo™) and blend it well. For extra calories and proteins add 1 scoop of ice-cream, 125g of yogurt, fresh or canned fruit and 2-4 tablespoons of double cream (optional).

Approx. 250 - 430 calories and 14-17 grams of protein
Strawberry Milkshake
Blend together 200ml fortified milk, 2 scoops strawberry ice-cream and 5 strawberries.
Approx. 350 calories and 16 grams of protein

Banana and Peanut Milkshake
Blend 165ml of full fat or fortified milk, 1 tablespoon of smooth peanut butter, 1 ripe medium banana, 60g of natural yogurt and a pinch of ground nutmeg.
Approx. 360-420) calories and 13-19 grams of protein

Malt Honey Milkshake
Blend 200mls of fortified milk, one tablespoon honey, one scoop of ice cream and one teaspoon of malted milk powder (e.g. Horlicks or Ovaltine).
Approx. 320 calories and 16 grams of protein

Nourishing Coffee
Add 1 teaspoon coffee powder and 2 tablespoons of cream to 150mls of fortified milk and mix it well.
Approx. 300 calories and 15 grams of protein

Ice Coffee or Chocolate
Dissolve two teaspoons of coffee or chocolate powder in a little hot milk and mix it with 200ml fortified milk, two teaspoons of sugar and one scoop of ice cream. Whisk and chill thoroughly.
Approx. 320-340 calories and 16 grams of protein
Cinnamon Spice
Warm up 200ml fortified milk. Mix in 1 tablespoon golden syrup and a pinch of mixed spice and ground cinnamon.
Approx. 250 calories and 16 grams of protein

Greek Cooler
Mix 2 tablespoons of honey with 50ml of fortified milk and add 150g of Greek yoghurt.
Approx. 290 calories and 12 grams of protein

Kiwi Fruit & Yoghurt
Blend 3 ripe kiwi fruits, 150g of full fat yoghurt, 100mls of fortified milk and 1 tablespoon of honey.
Approx. 385 calories and 14 grams of protein

Raspberry Delight
Blend 150g pot of raspberry yoghurt, 100ml of double cream, 100ml cranberry juice and 15 raspberries.
Approx. 730 calories and 8 grams of protein

Caribbean crush
Blend together 125ml of natural yoghurt (full fat variety), 220ml of full fat milk or fortified milk, 120g of fresh mango or other tropical fruit. Serve chilled.
Approx. 370-460 calories and 15-23 grams of protein
Banoffee Treat
Mash a small banana and mix with 150ml fortified milk, 1 pot of crème caramel and a teaspoon of golden syrup. Liquidise or sieve until smooth. You can add 1-2 teaspoons of coffee for extra flavour.
Approx. 350 calories and 12 grams of protein

Pineapple and Coconut
Blend ¼ ripe pineapples (fresh or canned), 250mls unsweetened coconut milk, 150g full fat yoghurt, ½ vanilla pod scraped (optional).
Approx. 570 calories and 13 grams of protein

Fruit Blast
Mix 100mls fresh fruit juice, 100mls lemonade, one scoop ice cream, one tablespoon of sugar and serve chilled.
Approx. 350 calories and 4 grams of protein

Mango Lassi
Mix 100g of plain full fat yogurt, 120ml of full fat or enriched milk, 4 table spoons of double cream (optional), 240ml of mango pulp (or any other fruit) and 4 teaspoons of sugar. Blend everything together for 2 minutes, and serve in a tall glass with a dash of ground cardamom sprinkled on top (optional). You can also add 1 pinch saffron and 1 tsp. rose water for extra flavour.
Approx. 430-730 calories and 25 grams of protein
**Pudina Chaas**
Blend 100ml of curd/yogurt, 7-8 fresh mint leaves or 1tsp dried mint leaves, 150ml full fat milk, 1tsp roasted cumin and salt to taste.

Approx. 230 calories and 11 grams of protein

**Peanut and rice drink**
Soak 50g of raw peanuts (other nuts or beans can be used instead) and 40g of rice in water until soft. Drain the nuts and rice, then add 200ml of full fat milk or soya milk and blend the mixture until smooth. Bring the mixture to the boil and add sugar or honey to taste. Serve hot or cold

Approx. 470 calories and 21 grams of protein

**Quick juice drinks**
- Add a table spoon of sour cream to a glass of tomato juice and mix it well. Season it with salt and pepper, add Worcester sauce to taste.
- Mix prune juice and coconut milk in equal measures and add sugar to taste.
- Mix a small pot of natural yogurt and add sugar and mint to taste.
- Mix carrot juice with milk or yogurt, add honey to taste.
9. More Ideas from Around the World

Afro-Carribean:

- Irish Moss drink
- Serge Island Peanut Punch or Egg Nog drink (available at Tesco)
- Jamming Nutra Flavoured Milk drink (available at Tesco)

Asian:

- Badam Kheer (Almond and milk drink)
- Falooda
- Sardai/Thandai

Oriental:

- Sweet soup with egg, coconut milk, sugar and nuts
- Sweet red bean soup
- Almond tea
- Various ready drinks
10. Contact details

Department of Nutrition and Dietetics
Address: 3rd Floor east, 250 Euston Road, London, NW1 2PG
Extension: 79289
Switchboard: 0845 155 5000 or 020 3456 7890
Fax: 020 7380 9811
Website: www.uclh.nhs.uk
11. How to get here