

Nourishing Drinks

Getting more out of your fluids

Nourishing drinks provide you with extra energy and calories as well as fluid to keep you hydrated.

Why do I need nourishing drinks?

- You may have lost weight due to illness.
- You may need extra nourishment.
- You may have a poor appetite and find fluids easier to take.

Many people fill up on drinks such as tea, coffee, Oxo, Bovril, fizzy drinks, broth soups and water when they are feeling unwell. These drinks offer little nutritional value and simply fill you up without providing any nutrition. The following suggestions provide you with an increase in energy and protein along with other essential nutrients.

Banana Smoothie

- 200mls full cream milk (blue top)
- 1 small ripe banana
- 1 scoop ice-cream
- 1 teaspoon sugar

Mash banana, add all ingredients, blend and serve chilled. Further ice cream can be added or try a teaspoon of honey for a sweeter taste.

Malt Honey Milkshake

- 200mls full cream milk (blue top)
- 1 tablespoon honey
- 1 scoop-ice cream
- 1 teaspoon (5g) malted milk powder (e.g. Horlicks) or 1 tablespoon Milo

Blend for 15 seconds.

Yoghurt and Berry Smoothie

- Small pot of greek yoghurt
- Handful of frozen berries
- 1 small banana
- 150mls full cream milk (blue top)

Blend until smooth.

Super shake

- 200mls full cream milk (blue top)
- 3 tablespoons (45ml) double cream
- 1 scoop ice-cream
- 4 teaspoons milk powder
- 2 teaspoons milk shake flavouring (e.g. Nesquick/Crusha)

Blend for 15 seconds, adding more flavouring if you like.

Fruit Blast

- 100mls fresh fruit juice
- 100mls lemonade
- 1 scoop ice-cream
- 1 tablespoon sugar

Mix together and serve chilled.

Ready Made Drinks

These can be purchased from small stores and the supermarket

- Mars, Mars Extra, Mars Active, Yazoo, Galaxy, Aero, Bounty, flavoured milk
- Smoothies and milkshakes



Please note if you are taking thickened fluids the above drinks will need to be thickened to the correct consistency. Check with your Speech Language Therapist for further information.

Over The Counter Supplement Drinks

Over The Counter Supplement drinks are high energy and protein drinks that are available from most supermarkets and some chemists, and are available over the counter without a prescription.

There are two varieties including those that are “ready to drink” straight from the tin, or those that are powdered and need to be mixed with milk before consuming.

Ready to Drink

e.g. Nurishment™, Nutrament™, Supligen™

Serve these drinks chilled or over ice. You can incorporate them into your meals e.g pour over ice cream or add the neutral flavour to soups.

Powdered

e.g. Build Up™, Complan™

Make these according to the directions on the pack using full fat milk (blue top). For extra calories add 2 tablespoons of double cream and ice cream.

For a savoury option, Build Up soups are also available. For extra calories add 2 tablespoons of double cream, a dollop of margarine/butter or some extra vegetable oil.

Supplement name	Size	Energy (calories)	Protein	Fibre	Company
Supligen™	400 ml tin	440 kcal	16.4 g	None	Nestle
Nutrament™	356 ml tin	360 kcal	16.0 g	None	Novartis
Nurishment™	420 ml tin	428 kcal	21.0 g	None	Dunns River
Complan™	57g powder sachet made with 200 ml full fat milk	385 kcal	15.0 g	None	Complan Foods
Build Up™	38 g powder sachet made with 200 ml full fat milk	263 kcal	15.2 g	3 g	Nestle
Build Up™ Soup	49 g powder sachet made with 150 ml boiling water	200 kcal	7.5 g	3 g	Nestle

These drinks are not designed to be used in place of meals; they are intended to provide a ‘top-up’ of energy and protein while your appetite and/or oral intake is poor. They should be taken in between meals or as a bed time drink so as not to spoil your appetite.

