

Nourishing Drinks

Aim for **two** nourishing drinks per day to help prevent weight loss and encourage weight gain.

- **Have nourishing drinks in between your meals**, not in place of a meal!
- **Choose full fat and full sugar products** rather than 'diet', 'sugar free' or 'skimmed' varieties as these provide more calories.
- **Use milk, dairy-free milk alternatives** (avoid nut milks where possible as these are lower in energy and protein) **or fruit juice as base ingredients** in your drinks rather than water.
- **Make fortified milk** to boost protein and calorie content. Add 5 tablespoons of dried milk powder to a pint of milk, stir until dissolved and use like regular milk. Marvel or supermarket-own brands are available.
- **Relax with a warm milky drink** such as Horlicks®, Ovaltine® or drinking chocolate before bed.

Try the following recipes:

Fortified Milkshake - Serves 1 (220ml)

Ingredients:

- **2 generous tablespoons (30g) skimmed milk powder**
- **5 heaped teaspoons (25g) of milkshake powder** e.g. Ovaltine Original Add Milk, Horlicks Malted Food Drink
OR 4 heaped teaspoons (20g) of milkshake powder if using milkshake powder that is already fortified with vitamins e.g. Aldi Cowbelle, Asda Milkshake Mix, Lidl Goody Cao, Morrisons Milkshake Mix or Nesquik
- **1/3 pint (180ml) whole milk**

Directions:

1. Mix milk powder and milkshake powder / Ovaltine / Horlicks together in a glass
2. Gradually mix in milk and stir well

Fortified Fruit Juice - Serves 1 (220ml)

Ingredients:

- **10g (2x 5g sachets) egg white powder** which can



- supermarkets or larger, better value packs can be purchased online)
- **40ml undiluted high juice squash or cordial** (not sugar free/diet/no added sugar)
 - **180ml fruit juice** (try and use fruit juice with added vitamins e.g. *Vitafit (Lidl)* or *Tropicana Multivitamins*)

Directions:

1. Put egg white powder in a glass
2. Gradually stir in undiluted cordial or squash (do not whisk)
3. When mixed, gradually add in fruit juice, and stir well.

Recipes within leaflet adapted from 'Creating a fortified diet recipe book' How to optimise nutrition using food. Prescipp January 2022

Additional plant based nourishing drinks recipes can be found in the following resource:

Nourishing-Plant-Based-Recipes-Dec-2021.pdf (patientwebinars.co.uk)

<https://patientwebinars.co.uk/condition/malnutrition/further-information-hand-outs/>