

Patient information

Nourishing Fluids Recipes

Dietetics Department - Therapies

You may have been advised to include high calorie, high protein nourishing drinks to support your dietary intake.

- Nourishing fortified drinks can help to maintain or build up your weight.
- Try not to drink large amounts of fluids before or with meals. This may make you feel full and reduce your appetite.
- If you follow a plant-based diet, adapt the recipes below using alternative dairy sources e.g. Soya/oat/coconut/ rice milk or soya/lacto-free yoghurts. Please note the calorie/protein content may change.

Recipe Ideas

1. Fortified full cream milk

- One pint full cream milk.
- Four tablespoons skimmed milk powder.

Pour milk into a jug, whisk in the skimmed milk powder and keep in the fridge. Use on cereal, in tea, coffee or to make up sauces.

Per pint: 510 Kcals 31g protein

2. Strawberry/chocolate Milkshake

- 150mls full cream milk
- Two tablespoons skimmed milk powder.
- Two tablespoons double cream.
- One tablespoon strawberry or chocolate milkshake flavouring.

Pour milk into a jug, whisk in the skimmed milk powder and milkshake flavouring. Then stir in the double cream, pour into a glass and serve.

Per 200ml serving: 470kcal 20g protein

3. Peanut banana shake

- One banana.
- 200mls fortified milk.
- One tablespoon oats.
- One tablespoon peanut butter.
- One tablespoon cocoa powder.

All all ingredients to a blender and mix until smooth. Serve chilled

Per serving: ~400kcal 10g protein

4. Fortified fruit juice

- 200mls pure fruit juice
- One and a half tablespoons skimmed milk powder

Pour fruit juice into a jug and whisk in skimmed milk powder, pour into a glass and serve.

Per Serving: 210kcal 10g protein

5. Mango crush

- One cup canned mango slices in natural juice.
- Two tablespoons skimmed milk powder.
- One teaspoon honey.
- One pot natural/vanilla creamy yoghurt.
- Three ice cubes.

Place all ingredients in a blender and blend until smooth.

Per serving: ~400kcal 12g protein

6. Nourishing fruit smoothie

- 200mls fortified milk
- One small pot (100g) plain yoghurt (full fat)
- One scoop of ice cream
- Fruit of your choice e.g. strawberries, raspberries, bananas

Place fortified milk, yoghurt, ice cream and soft fruit into a blender until smooth then serve immediately in a glass.

Per serving: ~560kcal 20g protein

7. Hot mocha

- 200mls fortified milk.
- Three teaspoons hot chocolate powder.
- One teaspoon instant coffee powder.
- Two tablespoons double cream.

Mix fortified milk with double cream and warm. Add to hot chocolate and instant coffee powder. Stir until dissolved and serve.

Per serving: ~500kcal 15g protein

8. Iced latte

- 200mls fortified milk.
- One teaspoon instant coffee powder.
- One scoop ice cream.
- One tablespoon double cream.

Mix all of the ingredients together and stir until ice cream has melted. Serve chilled.

Per Serving: ~370kcal 13g protein

9. Fortified soup

- One sachet soup (not low calorie version)
- 200mls fortified milk.
- Two tablespoons double cream.

Mix fortified milk with double cream and warm. Add sachet of soup and stir until dissolved.

Per Serving: ~460kcal 13g protein

***Alternatively use tinned or fresh soup of your choice and mix in skimmed milk powder or grate cheese into it whilst heating it up and add a swirl of double cream to finish.**

Nutritional supplements:

You may require oral nutritional supplements to help support your dietary intake- please speak to your dietitian.

Feedback

Your feedback is important to us and helps us influence care in the future.

Following your discharge from hospital or attendance at your outpatient appointment you will receive a text asking if you would recommend our service to others. Please take the time to text back, you will not be charged for the text and can opt out at any point. Your co-operation is greatly appreciated.

Further information

For further information please contact:

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