

Nourishing Drinks

Aim for two nourishing drinks a day

These will provide 600-800kcal and 500-600ml of fluid

Fortified Milk Recipe
To boost your calorie and protein intake

Ingredients

- ✓ 1 pint (568mls) of full fat milk
- ✓ 4 tablespoons (50g/2oz) of (skimmed) milk powder
e.g. Marvel®, Nido® or supermarket's own brand

Add a small amount of milk to the milk powder and mix to a paste

Gradually stir in the remaining milk

Per pint = 580kcal, 38g protein 2 Tablespoons = approx. 50kcal

Add fortified milk to your tea, coffee, cereals, malted drink (Horlicks or Ovaltine), soups or try some of the simple ideas below

Iced or Warm Milky Coffee	Simple Milkshake	Warm Milky Drink	Fruit Smoothie	Nutty Banana Delight
200ml Fortified Milk + Instant Coffee Granules + 1 Tablespoon Double cream or ice cream 400kcal	200ml Fortified Milk + Milkshake Powder + A scoop of ice cream or yogurt 300kcal	200ml Fortified Milk + Chocolate Powder or Horlicks + 1 Tablespoon of double cream 400kcal	200ml Fortified Milk + Pureed Fruit + A scoop of ice cream or yogurt 300kcal	200ml Fortified Milk + Puree banana + A dessert spoon of peanut butter 400kcal

- **Have nourishing drinks in between your meals**, not in place of them.
- **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 alternative or fruit juice as base ingredients** in your drinks, rather than water.
- **Try fruit smoothies** to help improve your vitamin and mineral intake.
- **Relax with a warm milky drink** such as Horlicks®, Ovaltine® or cocoa before bed.
- **Try having a variety of drinks with different flavours.**
- **If you have diabetes**, speak to your GP, nurse or diabetes team before starting nourishing drinks.