

It is important to drink enough fluid each day to keep well hydrated. The recommended amount is 6-8 cups daily. Fluid such as water, tea, coffee, fizzy juice, Oxo or Bovril count towards this but have little or no nutritional value. Milk, fruit juice and smoothies provide nourishment and can help increase your nutritional intake.

- The nourishing drinks below are high in calories and are best consumed between or after meals so as not to affect your appetite
- Avoid 'light' or low-fat options as these will be less nutritious
- All milk-based recipes can be made using non-dairy alternatives such as soya or nut milks, yoghurts and milk powders if required but these are likely to be lower in calories

These recipes are just ideas and can be changed to suit your own tastes - be creative!

Homemade Milkshake

300kcal, 17g protein

- 200ml (1/3 pint) whole milk
- 20g (4-5 tsp) milkshake powder e.g. Nesquik, supermarket own brand
- 30g (3 tbsp) dried milk powder

Put milkshake and milk powder into a glass then add milk gradually, stirring well.

Fruity Yoghurt Drink

400kcal, 15g protein

- 300ml (1/2 pint) whole milk
- 1 pot thick & creamy yoghurt
- 3 pineapple rings or 1 small banana

Blend ingredients using a liquidiser or hand blender.

Ginger Lime

210kcal, 6g protein

- 1 small pot natural yoghurt
- 2 tbsp lime cordial
- 1 glass ginger beer

Mix yoghurt with cordial in a glass then top up with ginger beer.

Honey Malt

300kcal, 17g protein

- 200ml (1/3 pint) whole milk
- 1 tbsp clear honey
- 1 scoop vanilla ice cream
- 1 heaped teaspoon malted milk powder (Horlicks, Ovaltine)

Dissolve Horlicks/Ovaltine in a little hot water, then add milk, honey and ice cream, and mix well. Chill or add ice to serve.

Iced Coffee

240kcal, 8g protein

- 200ml (1/3 pint) whole milk
- 1 scoop ice cream
- 2 teaspoon sugar
- Instant coffee to taste

Dissolve Horlicks/Ovaltine in a little hot water, then add milk, honey and ice cream, and mix well. Chill or add ice to serve.

Health Care Professional Contact Details:

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FOOD
FIRST



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