

INFORMATION FOR PATIENTS

Nourishing drinks

If you have a small appetite or recent weight loss, nourishing drinks can boost your nutritional intake. Many of these drinks have a similar calorie and protein content as ready-made 'build-up drinks' or nutritional supplements. Try to avoid filling up on low calorie drinks such as tea, coffee or fizzy drinks and have a nourishing drink instead.

Fortified milk (475-575Kcals and 30-40g protein)

1 pint of whole milk (blue top)
2-4 tablespoons of dried skimmed milk powder

Method

Take a small amount of the milk and mix with the milk powder to a paste. Mix in the rest of the milk. Once made up, store in the fridge and use during the rest of the day.

This milk can be used to make:

- Hot drinks such as hot chocolate or Horlicks.
- Cold milkshakes by adding flavoured milkshake powders or syrups.
- Added to sauces, soups, custard, mash potato, cereals.

Fortified milkshake (300Kcal and 13g protein)

200mls of fortified milk
3 teaspoons of milkshake powder, e.g. Nesquik
1 tablespoon of double cream

Method

Mix all the ingredients together

Tip – tinned fruit, yogurt or ice cream can also be added.

Fruit smoothie (450kcal and 20g protein)

200mls of fortified milk
1 carton of thick and creamy yogurt
1 scoop of ice cream
1 portion of fruit such as berries or banana

Method

Blend all the ingredients together and serve.

Creamy soup (approximately 440kcal and 15g protein)

200mls of fortified milk
2 tablespoons of double cream
1 sachet of 'cream of' cup a soup

Method

Mix the fortified milk with double cream and warm. Add cup a soup powder and stir until dissolved.

Fruit float (220kcal and 4g protein)

100mls of fresh fruit juice
100mls of lemonade
1 scoop of ice cream
1 tablespoon of double cream

Method

Mix all ingredients together and serve chilled.

Fortified hot mocha (350Kcals and 16g protein)

200mls of fortified milk
3 teaspoons of chocolate powder
1 teaspoon of instant coffee
2 tablespoons of double cream

Method

Mix the fortified milk with the double cream and warm. Stir in the chocolate and instant coffee powders until dissolved.

Contact details

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Further sources of information

NHS Choices: www.nhs.uk/conditions

Our website: www.sfh-tr.nhs.uk

Patient Experience Team (PET)

PET is available to help with any of your compliments, concerns or complaints, and will ensure a prompt and efficient service.

King's Mill Hospital: 01623 672222

Newark Hospital: 01636 685692

Email: sfh-tr.PET@nhs.net

If you would like this information in an alternative format, for example large print or easy read, or if you need help with communicating with us, for example because you use British Sign Language, please let us know. You can call the Patient Experience Team on 01623 672222 or email sfh-tr.PET@nhs.net.

This document is intended for information purposes only and should not replace advice that your relevant health professional would give you.

External websites may be referred to in specific cases. Any external websites are provided for your information and convenience. We cannot accept responsibility for the information found on them.

If you require a full list of references for this leaflet (if relevant) please email sfh-tr.patientinformation@nhs.net or telephone 01623 622515, extension 6927.

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