

My Hydration and Nourishing Drinks Plan

- Aim to have 6-8 glasses or cups of fluids per day
- If you have a poor appetite, avoid having drinks before your main meals
- To boost calorie and protein intake aim to have 2-3 nourishing drinks per day

- ❖ My favourite drink is: _____
- ❖ My favourite nourishing drink is: _____
- ❖ I drink tea/coffee with full fat milk/no milk and sugar/no sugar and double cream/no cream **(circle)**
- ❖ Ingredients I need to buy to prepare my nourishing drinks are:

To achieve my daily fluid intake I will aim to have 6-8 drinks of my favourite drinks

Morning: _____

Mid-morning first drink: _____

Mid-morning second drink: _____

Lunch time: _____

Mid-afternoon first drink: _____

Mid-afternoon second drink: _____

Evening meal: _____

Supper: _____

Nourishing Drinks Recipes

Super Shake

- ✓ 200mls Fortified Milk
- ✓ 3tablespoon of double cream
- ✓ 1 scoop of ice cream
- ✓ Banana/berries or 2 teaspoons of milkshake powder

600kcal 20g Protein

Peanut Butter Delight

- ✓ 200ml fortified milk
- ✓ 1 scoop ice cream
- ✓ 1 banana
- ✓ 1 tablespoon peanut butter
- ✓ 1 teaspoon honey/sugar

500kcal, 20g Protein

Berry Blast

- ✓ 200ml fortified milk
- ✓ Small pot full fat greek/fruit yogurt
- ✓ 1 handful of berries (fresh or frozen)
- ✓ 1tsp honey/sugar

400kcal, 22g Protein

Fruit Smoothie

- ✓ 150ml of Orange Juice
- ✓ 1 Mashed Banana
- ✓ 3-4 Tablespoons of tinned peaches
- ✓ 2 teaspoon of honey

260kcal, 3g Protein

Dairy Free Smoothie

- ✓ Small pot of soya/dairy free yogurt
- ✓ Handful of frozen berries
- ✓ 1 small banana
- ✓ 150ml Soya milk

400kcal, 15g Protein

Dairy Free Soda

- ✓ 100mls Pure Fruit Juice
- ✓ 100mls Lemonade
- ✓ Dairy free ice cream
- ✓ 1 table spoon sugar

270-380kcal, Protein 0.5-2.5g