

# 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 <b>400kcal</b>	200ml Fortified Milk + Milkshake Powder  + A scoop of ice cream or yogurt <b>300kcal</b>	200ml Fortified Milk + Chocolate Powder or Horlicks  + 1 Tablespoon of double cream <b>400kcal</b>	200ml Fortified Milk + Pureed Fruit  + A scoop of ice cream or yogurt <b>300kcal</b>	200ml Fortified Milk + Puree banana  + A dessert spoon of peanut butter <b>400kcal</b>

- **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.