



York Teaching Hospital
NHS Foundation Trust

Nourishing Drinks

Information for patients, relatives and carers

① For more information, please contact:

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Introduction

If your appetite is poor, try having nourishing drinks between meals. This is an easy way to make sure you are having enough nutrition. Complan, Meritene or own brand (sweet and savoury products) are available from chemists or supermarkets. Alternatively here are a few examples to make your own.

Easy nourishing drinks

Fortified milk

Add four tablespoons (60g) of skimmed milk powder to one pint of full cream milk.

	Calories	Protein
60g Skimmed milk powder	212 kcal	22g protein
one pint whole milk	364 kcal	18g protein
one pint fortified milk	576 kcal	40g protein
200ml fortified milk	202 kcal	14g protein

Use fortified milk instead of water when making coffee, hot chocolate or bedtime drinks.

Have full sugar squash, fresh fruit juice, Lucozade, full sugar tonic or lemonade with lime or blackcurrant juice.

Milk style drinks

Luxury chocolate cup

Dissolve four squares (30g) of chocolate in
200ml fortified full cream milk
Add sugar/honey to taste

Approx. 480kcal and 26g protein

Mocha warmer

200ml fortified milk
One tablespoon of drinking chocolate
One teaspoon of instant coffee
Sugar/honey to taste
You can also add a tablespoon of double cream

Approx. 210kcal 14g protein

Chocolate Smoothie

200ml fortified milk
Two scoops of chocolate ice cream and
One tablespoon of hot chocolate powder / cocoa

Approx. 460kcal and 21g protein

Nice 'n' Nutty

Whisk together:

200ml fortified milk

Two tablespoons double cream

Two tablespoons condensed milk

Two tablespoons hazelnut chocolate spread

One tablespoon dried milk powder

Approx. 580kcal and 15g protein

Cookies and Cream

Blend together:

100ml whole milk

One scoop vanilla ice cream

Two tablespoons double cream

One tablespoon skimmed milk powder

Two Oreo biscuits

Approx. 440kcal and 11.5 gprotein

Iced Peanut Butter Coffee

One teaspoon coffee granules

25ml hot water

200ml fortified milk

50g peanut butter

Six ice cubes

Dissolve coffee and hot water

Blend ingredients together and serve

Approx. 489kcal and 21g protein

Juice style drinks

Berry Delight

No blender required, simply combine:

Two 50g pots fromage frais yoghurt

100ml cranberry juice

Five tablespoons double cream

One tablespoon strawberry milkshake powder

Approx. 550kcal and 13g protein

Fruity float

125ml fruit juice

125ml regular lemonade

One teaspoon sugar

One scoop of ice cream

Approx. 195kcal and 3g protein

Ginger lime

250ml of ginger beer

Two tablespoons of lime cordial

One pot of natural yoghurt

Approx. 150kcal and 7g protein

Fruit blast

100ml fresh fruit juice
100ml lemonade
One scoop ice cream
One tablespoon double cream
One tablespoon sugar
Approx. 335kcal and 2g protein

Fruit juice delight

125g pot full fat yoghurt
200ml fresh fruit juice
One tablespoon double cream
Approx. 270kcal and 7g protein

Eton Mess

Blend together:
Two meringue nests (approx. 30g)
150ml soya milk
Two and a half tablespoons strawberry milkshake powder
Two and a half tablespoons strawberry jam
One and a half tablespoons icing sugar
Approx. 520kcal and 6g protein

Plant based nourishing drinks

Very Vanilla

One medium banana
50g cashew nuts
330ml vanilla soya milk
20g pea protein

Approx. 300kcal and 18g protein per 250ml

Choco nut

One medium banana
300ml soya milk
50g peanut butter
50g syrup
10g cocoa powder
20g pea protein

Approx. 380kcal and 19g protein per 250ml

Strawberry Ice

One medium banana
80g frozen strawberries
200g soya ice cream
50g coconut cream
250ml coconut milk
20g pea protein

Approx. 300kcal and 9g protein per 250ml

Other drinks

Cinnamon Spice

A third of a pint full cream milk

One tablespoon of golden syrup

Pinch cinnamon

Pinch mixed spice

Heat milk, add syrup, cinnamon and mixed spice and serve warm

Approx. 170kcal and 7g protein

Frozen Coconut Limeade – serve ice cold

Blend ingredients together:

200ml coconut milk

50ml double cream

30ml lime juice/ juice of two limes

One tablespoon sugar

10 ice cubes

Approx. 466kcal and 1g protein

Soups

Chicken soup

Dissolve half a chicken stock cube in 200ml hot fortified whole milk

Approx. 210kcal and 15g protein

Beef soup

Dissolve one teaspoon of Marmite or Bovril in hot fortified milk

Approx. 210kcal and 16g protein

Fortified soup

Add natural Complian, Meritene, or own brand equivalent drinks, or dried milk powder to canned or packet soup. Crème fraiche, Greek yoghurt, cream, grated cheese or parmesan cheese also add flavour and nourishment.

Adding 28g (four scoops) Complian or Meritene will add approximately 125kcal and 4g protein to your soup.

Tell us what you think of this leaflet

We hope that you found this leaflet helpful. If you would like to tell us what you think, please contact:

Admin Team, Nutrition & Dietetic Department, York Hospital, Wigginton Road, York YO31 8HE, telephone 01904 725269, or email nutrition&dietetics@york.nhs.uk

Teaching, training and research

Our Trust is committed to teaching, training and research to support the development of health and healthcare in our community. Healthcare students may observe consultations for this purpose. You can opt out if you do not want students to observe. We may also ask you if you would like to be involved in our research.

Patient Advice and Liaison Service (PALS)

PALS offers impartial advice and assistance to patients, their relatives, friends and carers. We can listen to feedback (positive or negative), answer questions and help resolve any concerns about Trust services.

PALS can be contacted on 01904 726262, or email pals@york.nhs.uk.

An answer phone is available out of hours.

Leaflets in alternative languages or formats

Please telephone or email if you require this information in a different language or format, for example Braille, large print or audio.

如果你要求本資 不同的 或 式提供 , 電
或發電

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