

Patient information

How to make nourishing drinks

If your appetite is small, if you have a low weight or if you have been losing weight without meaning to, your nutritional intake can be increased by having nourishing drinks. It is best to take these in between meals, alongside a high calorie and high protein diet.

Use the drinks builder below to help you create tasty and nutritious drinks. The most nourishing drinks will contain at least one option from each section (base, flavourings, extras, toppings). Use full fat and/or full sugar versions where possible and only use options that are suitable for any allergies, intolerances, health conditions or preferences you have. These are suggestions to help get started and you may have other ideas that would work better for you. Not all these suggestions are suitable for people with swallowing difficulties so please seek additional advice from your healthcare professional if this applies to you.

Choose a base	Add flavourings	Add extras	Add toppings
<p>Full fat cow's milk (use lactose free or goat/sheep milk if preferred), hot or cold</p> <p>or</p> <p>Plant-based milk alternative (sweetened or "Barista" soya milk or oat milk are usually the most nutritious, but others such as almond milk, coconut milk etc can be used), hot or cold</p> <p>or</p> <p>Fruit juice (if possible use fruit juice with added vitamins such as Kubus 100% vitamin juice, Naturis from Lidl or Tropicana® Multivitamins)</p>	<p>Milkshake powder (Aldi Cowbelle / Asda milkshake mix / Lidl Goody Cao / Nesquik®)</p> <p>Horlicks®, Ovaltine® or other malted milk powder</p> <p>Hot chocolate or Cocoa powder</p> <p>Coffee or chai latte powder or syrup flavours</p> <p>Blended fruit</p> <p>Aymes Retail®, Complian®, Meritene® shake</p>	<p>Ice cream</p> <p>Double cream or clotted cream</p> <p>Coconut cream, soya cream or other non-dairy cream</p> <p>Condensed or evaporated milk</p> <p>Full fat yoghurt</p> <p>Dried milk powder (skimmed or full fat)</p> <p>Whey, pea, hemp or other protein powder</p> <p>Chocolate spread or lemon curd</p> <p>Sugar, honey or syrup</p> <p>Ground almonds or other nuts</p> <p>Peanut or other nut butter</p> <p>Egg white powder (2 x 5g sachets)</p>	<p>Whipped cream</p> <p>Chopped or flaked nuts</p> <p>Chocolate flakes</p> <p>Chocolate, caramel or fruit flavoured sauce / syrup</p> <p>Crushed biscuit</p> <p>Hundreds and Thousands</p> <p>Sliced fruit</p> <p>Mini marshmallows</p>

Sources of information

Malnutrition Fact Sheet, The British Dietetic Association

<https://www.bda.uk.com/foodfacts/MalnutritionFactSheet.pdf>

Your Guide to Making the Most of Your Food – Advice for Patients and Carers, Malnutrition Pathway https://www.malnutritionpathway.co.uk/library/pleaflet_yellow.pdf

Public Health England (2015) *McCance and Widowsen's Composition of Foods Integrated Dataset*. Available at: <https://www.gov.uk/government/publications/composition-of-foods-integrated-dataset-cofid>. (Accessed: 15/11/2021)

Creating a fortified diet for care home caterers (September 2022), PrescQIPP

Important information

This patient information is for guidance purposes only and is not provided to replace professional clinical advice from a qualified practitioner.

If you have a medical condition, food allergies or issues with swallowing for which you have received special dietary advice, the information in this leaflet may not be right for you. Please discuss with your healthcare professional.

Your comments

We are always interested to hear your views about our leaflets. If you have any comments, please contact the Patient Experience Team – Tel: 0300 131 4784 or by email at: esh-tr.patientexperience@nhs.net

Hand hygiene

The trust is committed to maintaining a clean, safe environment. Hand hygiene is very important in controlling infection. Alcohol gel is widely available at the patient bedside for staff use and at the entrance of each clinical area for visitors to clean their hands before and after entering.

Other formats

If you require any of the Trust leaflets in alternative formats, such as large print or alternative languages, please contact the Equality and Human Rights Department.

Tel: 0300 131 4434 Email: esh-tr.AccessibleInformation@nhs.net

After reading this information are there any questions you would like to ask? Please list below and ask your nurse or doctor.

Reference

The Clinical Specialty/Unit that have agreed this patient information leaflet:
Department of Nutrition and Dietetics

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