

South Warwickshire



NHS Foundation Trust

Warwickshire Dietetic Service

Nourishing Drinks

This leaflet will give you some ideas for nourishing drinks to include in your diet to prevent you losing weight or help you gain weight.

Aim to have at least 2 nourishing drinks every day

Nourishing Drinks

If you have a poor appetite or have lost weight, everything that you eat and drink should be as nourishing as possible. Getting enough fluid is important, but water and tea do not provide much nutrition. This leaflet will give you some ideas of drinks that are good sources of energy and protein. Try to have two or three of these drinks every day.

When to Have Your Nutritious Drinks

Aim to have your drinks after meals so that you are not too full to have your next meal. Make sure you are still drinking other fluids, such as water and tea, so that you meet your daily requirement of six to eight cups (in total) of fluid each day.

Milk and Milky Drinks

Milk is a particularly nutritious drink. It is not only a source of energy (calories) and protein, but also provides calcium, which is important for bone health. When you have a poor appetite, you should try using full fat (whole) milk. If you find full fat milk too rich, you can use semi-skimmed milk.

You can make milk more nutritious by 'fortifying' it. Mix 3 to 4 tablespoons of dried milk powder to one pint of full fat milk and then use as normal, for example, on cereal, in tea and coffee and milk based sauces.

Ideas for Cold Milky Drinks

- Milkshakes

Add your favourite milkshake flavouring, such as milkshake powder or syrup, to a glass of fortified milk. Try adding a scoop of ice cream or spoon of cream for extra calories.

- Blended Fruit Milkshakes

Liquidise fortified milk with ice cream and a handful of your favourite fruits chopped into small pieces. You can use tinned, frozen or fresh fruit. Try different flavours of ice cream, different fruits and other flavourings such as honey, cinnamon, sugar or a couple of spoons of fruit juice.

- Blended Yoghurt Drinks

Liquidise fortified milk with a thick and creamy fruit yoghurt and a handful of your favourite fruits chopped into small pieces. Try different flavours of yoghurt and different fruits for variety. Add sugar, honey or syrup to sweeten as needed.

Many supermarkets have a range of ready to drink milkshakes and smoothies that you could buy instead of making your own drinks. Some examples include Yazoo, Frijj, Galaxy, Mars, or try supermarket own brands.

Nourishing Drinks

Aymes, Complan and Meritene are available upon request from many supermarkets and pharmacies and online. These are powdered supplements drinks that come in sachets that you make up with milk. Try making these using fortified milk. Some supermarkets and pharmacies also stock ready made high energy drinks, such as Supligen, Nutrament and Nurishment.

Ideas for Hot Milky Drinks

Make these drinks using fortified milk or whole milk. Add cream for extra calories.

- Hot Chocolate
- Horlicks or Ovaltine
- Milky Coffee

Other High Energy Drinks

If you dislike milk, try the drinks listed below. Some of these drinks may not be suitable if you have diabetes. Speak with your dietitian, GP or nurse for advice.

- Fruit Juice

Pure fruit juice is a source of energy and vitamins. Long life fruit juice is just as nutritious as fresh fruit juice. Try adding some lemonade to your fruit juice for variety.

- Fizzy Drinks

Fizzy drinks contain sugar and so provide a source of energy. Drinks such as cola, lemonade, cream soda and ginger ale can be included as part of your diet. Avoid the reduced sugar versions while your appetite is poor.

- Sports Drinks

There are many different types of sports drinks available, but some are low in calories and are intended more as a source of vitamins or minerals. If you choose to have a sports drink, look for one that contains sugar or syrup near the beginning of the ingredients list.

- Alcohol

A small amount of alcohol in your diet not only provides you with a source of energy, but can help to improve your appetite. Always check with your GP or pharmacist whether you can include alcohol in your diet.

Tooth Care

While following the advice in this leaflet, it is important that you keep to a tooth care regime to keep your mouth healthy. Speak with your dentist or dental hygienist for more information if needed. You can request a copy of our leaflet 'Looking After Your Teeth on a High Sugar Diet'.

If you are still unsure how to improve your diet after reading this leaflet, or are concerned that you are still losing weight, speak with your dietitian, GP or nurse.

Equality Statement

At South Warwickshire NHS Foundation Trust we are fully committed to equality and diversity, both as an employer and as a service provider. We have a policy statement in our Equality Strategy that clearly outlines our commitment to equality for service users, patients and staff:

You and your family have the right to be treated fairly and be routinely involved in decisions about your treatment and care. You can expect to be treated with dignity and respect. You will not be discriminated against on any grounds including age, disability, gender reassignment, marriage and civil partnership, pregnancy and maternity, race, religion or belief, sex or sexual orientation.

You have a responsibility to treat other service users, patients and our staff with dignity and respect.

Our information for patients can also be made available in other languages, Braille, audio tape, disc or in large print.

PALS

We offer a Patient Advice Liaison Service (PALS). This is a confidential service for families to help with any questions or concerns about local health services.

You can contact the service by the direct telephone line on 01926 600 054 by email:

Pals@swft.nhs.uk or by calling in person to the PALS Office which is located in the Lakin Road entrance to the hospital.

If you have any queries about your diet, please contact us on 01926 600818, selecting option 3.

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