

## Nourishing Drinks

### Getting more out of your fluids

If you are diabetic and have been advised to follow this, monitor your blood sugars or contact your diabetes health professional.

#### Why do I need nourishing drinks?

- You may have lost weight due to illness.
- You may need extra nourishment.
- You may have a poor appetite and find fluids easier to take.

When you are unwell, try to have nourishing drinks between your meals, such as milky drinks and fruit juice. Other drinks such as tea, coffee, Oxo, Bovril, diet fizzy drinks, packet soups and water, will fill you up without providing much energy. Choose full fat and/or full sugar drinks. The following suggestions provide extra energy and protein along with other essential nutrients. Try to have at least **two** of these drinks a day.

<p style="text-align: center;"><b>Banana Smoothie</b></p> <ul style="list-style-type: none"> <li>• 200mls of whole milk</li> <li>• 1 small ripe banana</li> <li>• 1 scoop of ice cream / 1 tbsp of peanut butter</li> <li>• 1 teaspoon of sugar</li> </ul> <p>Mash banana, add all ingredients, blend and serve chilled. Further ice cream can be added or try a teaspoon of honey for a sweeter taste.</p>	<p style="text-align: center;"><b>Super Shake</b></p> <ul style="list-style-type: none"> <li>• 200mls of whole milk</li> <li>• 3 tablespoons (45ml) of double cream</li> <li>• 1 scoop of ice cream</li> <li>• 4 teaspoons of milk powder</li> <li>• 2 teaspoons of milk shake flavouring (e.g. Nesquik™/Crusha™) or more to taste</li> </ul> <p>Blend for 15 seconds.</p>
<p style="text-align: center;"><b>Malt Honey Milkshake</b></p> <ul style="list-style-type: none"> <li>• 200mls of whole milk</li> <li>• 1 tablespoon of honey</li> <li>• 1 scoop of ice cream</li> <li>• 1 teaspoon (5g) of malted milk powder (e.g. Horlicks™) or 1 tablespoon of Milo™ Blend.</li> </ul>	<p style="text-align: center;"><b>Fruit Blast</b></p> <ul style="list-style-type: none"> <li>• 100mls of fresh fruit juice</li> <li>• 100mls of lemonade</li> <li>• 1 scoop of ice cream</li> <li>• 1 tablespoon of sugar</li> </ul> <p>Mix together and serve chilled.</p>
<p style="text-align: center;"><b>Yoghurt and Berry Smoothie</b></p> <ul style="list-style-type: none"> <li>• Small pot of greek yoghurt</li> <li>• Handful of frozen berries</li> <li>• 1 small ripe banana</li> <li>• 150mls of full cream milk</li> </ul> <p>Blend until smooth.</p>	<p style="text-align: center;"><b>Super Soup</b></p> <ul style="list-style-type: none"> <li>• 1 sachet of soup/1 bowl of tinned or fresh soup</li> <li>• 200mls of warmed whole milk</li> <li>• 4 teaspoons of milk powder</li> <li>• 2 tbs (30ml) of double cream/grated cheese</li> </ul> <p>Mix together and serve warm</p>

**Ready made drinks:** For example, Mars™, Yazoo™, Friji™, Galaxy™, Aero™, Bounty™, Alpro™ flavoured milk can be bought from most supermarkets and convenience stores.

**Over the counter supplement drinks:** these are high energy and protein drinks that are available from most supermarkets and some chemists, without a prescription. There are two varieties those that are ready to drink straight from the tin, or powders that can be made up with whole milk before drinking.

- **Ready to drink** (for example, Nurishment™, Nutrament™, Supligen™) Serve these drinks chilled or over ice.
- **Powdered** (for example Meritene™(previously known as Build Up), Complian™).

Make these according to the directions on the pack using **whole** milk. For extra calories add 2 tablespoons of double cream and/or ice cream. For a savoury option, Meritene/Build Up soups are also available. Make up with **whole** milk. For extra calories add 2 tablespoons of double cream, a dollop of margarine/butter or some vegetable oil.

**If you are struggling to follow this advice, please contact the person who gave you this sheet.**