Nourishing Drinks

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Why are nourishing drinks important?

Some people if they are experiencing a poor appetite can still manage to drink well. The types of drinks you consume can make a significant improvement to your nutritional intake and weight.

How much should you be drinking each day?

It is recommended you aim for around 1600mls daily, which is similar to EIGHT mugs or glasses (200ml) throughout the day. Although for a personal target aim for:
- 35mls per kilogram body weight for under 60 years age (e.g. 55kg = 1925mls/day)
- 30mls per kilogram body weight for over 60 years age (e.g. 55kg = 1650mls/day)

What types of drinks should I be drinking?

It is important you drink enough to remain hydrated. Many people enjoy their cups of tea, so we recommend you continue to drink your tea, which important to help you achieve your fluid requirements.

However, can you swap TWO of your cups of tea during the day for a nourishing drink. This could provide an extra 300 calories during the day. For example:
- a wine glass (150mls) of fruit juice is the same calories as 4 cups of tea.
- a glass (200mls) of milk is the same calories as 8 cups of tea.
- a mug (200mls) of milky coffee is the same calories as 8 cups of tea.
- a mug (200mls) of milky hot chocolate/malted drink is the same calories as 12 cups of tea.
- a glass (200mls) of fortified milkshake is the same calories as 16 cups of tea.

Extra 45 calories

Extra 155 calories

Extra 115 calories

Extra 285 calories

What is the best milk to use in drinks?

It is recommended to use fortified milk in all your drinks. This is made by adding 5 tablespoons of skimmed milk powder to one pint of milk.

- Fortified milk tastes just like normal milk, just slightly creamier. If you find it too creamy, use semi skimmed milk to add the milk powder.
- Each pint of fortified milk provides an extra 250 calories, 25g protein, but you are not having to consume anymore, you are just swapping one type of milk to fortified milk.
- Try to use ONE pint of fortified milk every day. Use in your teas/coffees, to make milkshakes and hot milky drinks, or pour over breakfast cereal.
- For more details on fortified milk, refer to the 'fortified drink recipes' leaflet.

Do I need buy the special nutritional drinks from the supermarket?

Over the counter nutritional supplements such as 'Complan', 'Aymes Retail','Meritene' are available, but can be expensive.

- You can prepare homemade fortified drinks using the fortified milk recipe, by just adding milk shake flavouring, or heating the fortified milk to make a fortified coffee or hot chocolate.
- These homemade fortified drinks have the similar or more calories and protein than the brought nutritional supplements.
- Refer to the 'fortified drinks recipe' leaflet for suggestions.

What is the difference between a nourishing drink and a fortified drink?

A nourishing drink is a drink which is naturally obtainable, such as a glass of fruit juice, latte, milky hot chocolate, smoothie, tumbler of full sugar cola, glass wine, pint of beer. You drink them in their natural state.

A fortified drink is a drink which has been adapted to increase the protein levels, this is usually by adding skimmed milk powder. Examples of fortified drinks include fortified milk, fortified milkshakes, fortified hot chocolate. Fortified drinks are higher in protein and often higher in calories. Refer to the 'fortified drink recipe' leaflet for suggestions.

Lower calorie drinks (less than 50 calories)	Moderate calorie drinks (50 - 100 calories)	High calorie drinks (more 100 - 200 calories)
Water	Fruit juice	Cider
Sugar free/diet drinks	Sherry	Milky coffee
Tea /Coffee	Milk (skimmed)	Milk (Whole/full cream)
Tomato juice	Cola	Hot chocolate (all milk)
Ginger ale	Larger and beer	Malted drink (all milk)
Shandy	Milk (semi skimmed)	Milk shake
Cordial with water	Cordial with lemonade	Fortified milk
Lemonade	Smoothies	Fortified milkshake
		Fortified hot drinks