

Nourishing Drinks

This information sheet has been designed for patients who are struggling to meet their nutritional needs via eating and drinking. We hope that this helps you to find nourishing drinks that you like so that you are better able to meet your nutritional needs without the need for nutritional supplements.

If you have any further questions or concerns, please speak to the staff member in charge of your care.

Your Dietitian:

Telephone No:

What are Nourishing Drinks?

Nourishing drinks are designed to add extra nourishment to your diet, while contributing to fluid intake. Fluids are generally easier to tolerate if you have a small appetite or are struggling with chewing, dry mouth, nausea or taste changes. Try to consume ___ glasses of nourishing drinks per day, as discussed with your dietitian.

Recipes

Nourishing Drink Recipe

Blend the following together to form a base for your nourishing drink:

- 1 small pot double cream or 200ml Fortified Milk (recipe below) or 200ml Full Fat Milk
- 1-2 scoops vanilla ice cream
- Blend with your choice of flavouring (ideas below) and add extra milk to desired consistency.

Flavouring Ideas

- 1 banana
- 2 scoops flavoured ice cream e.g. chocolate, strawberry
- 1-2 tsp drinking chocolate or milk flavouring
- 1-2 tbsp smooth peanut/nut butter
- 1-2 tbsp chocolate or hazelnut spread
- Tinned fruit e.g. peaches or pears
- 1 pot full fat yogurt
- 1 glass fruit juice
- Frozen fruit
- 1-2 scoops frozen yogurt
- Add coconut cream or coconut milk to taste

Fortified Milk Recipe

2-4 tablespoons of Skimmed Milk Powder mixed into one pint of Full Fat Milk. Use in soups, milkshakes, mashed potato, on cereal, in homemade desserts etc.

Hot Milky Drinks

Coffee or Hot Drinking Chocolate made with Fortified Milk or Full Fat Milk.

High Protein Soup

Tinned, packet or homemade soup with Fortified Milk or Cream added. Creamy or cheesy based soups and sauces are higher in energy and protein than vegetable based soups and broths.

Useful sources of information

British Dietetics Association

<https://www.bda.uk.com/foodfacts/home>

Cancer Research UK

<https://www.cancerresearchuk.org/about-cancer/coping/physically/diet-problems/managing/putting-on-weight/boosting-energy>

Freephone: 0808 800 4040 (9am - 5pm)

Macmillan

www.macmillan.org.uk

Free call: 0808 808 0000 (Mon-Fri 9am-8pm)

The Royal Marsden NHS Foundation Trust

<https://www.royalmarsden.nhs.uk/your-care/royal-marsden-help-centre/patient-information-booklets>

Freephone: 0800 783 7176

Contact us

If you feel you are not managing adequate intake or you are losing weight please contact the dietitians:

The Department of Nutrition and Dietetics
St George's University Hospitals NHS Foundation Trust
Blackshaw Road
London
SW17 0QT

Tel. 020 8725 0518 / 3049

For more information leaflets on conditions, procedures, treatments and services offered at our hospitals, please visit www.stgeorges.nhs.uk

Additional services

Patient Advice and Liaison Service (PALS)

PALS can offer you on-the-spot advice and information when you have comments or concerns about our services or the care you have received. You can visit the PALS office between 9.30am and 4.30pm, Monday to Friday in the main corridor between Grosvenor and Lanesborough Wing (near the lift foyer).

Tel: 020 8725 2453 **Email:** pals@stgeorges.nhs.uk

NHS Choices

NHS Choices provides online information and guidance on all aspects of health and healthcare, to help you make decisions about your health.

Web: www.nhs.uk

NHS 111

You can call 111 when you need medical help fast but it's not a 999 emergency. NHS 111 is available 24 hours a day, 365 days a year. Calls are free from landlines and mobile phones.

Tel: 111

This information booklet was developed by:

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Reference: NDI_ND_01 **Published:** October 2018 **Review date:** October 2020