

Drinking nourishing drinks between meals can help give you extra energy and protein.

It is important that you have these in addition to regular meal and snacks, rather than as a replacement.

Aim to drink 2 servings each day

Ingredients for 1 serving

- 250ml whole milk (blue top)
- 3 tablespoons (18g) dried skimmed milk or whole milk powder
- 4 teaspoons (16g) milkshake powder flavouring



Method

1. Using a fork or shaker, blend the dried milk powder and the milkshake powder together with a little milk.
2. Gradually mix in the remaining milk and serve.

For even more calories, try adding any of the following

- ❖ 2 tablespoons double cream
- ❖ Scoop of ice-cream
- ❖ Liquidised seasonal fruits
- ❖ Squirry cream on top
- ❖ Small pot of thick and creamy yoghurt
- ❖ Marshmallows, chocolate flakes

Milk powder can be found in supermarkets and health food shops. For example *Marvel*[®] (skimmed) and *Nido*[®] (whole milk powder). Shop own-brand options may be cheaper.

Flavourings: choose one with added sugar, vitamins and minerals such as *Nesquik*[®], or a supermarket own-brand alternative which may be cheaper.

Nutrition: the basic recipe provides approximately 300kcal, 15g protein.
 (The total amount of energy and protein will vary depending on added ingredients)

Other high-calorie milky drinks such as hot chocolate, Ovaltine[™] and Horlicks[™] can also be fortified with whole milk, skimmed milk powder, double cream and sugar.

You can also buy commercially-prepared supplement drinks and soups in supermarkets and chemists without a prescription. Brands to look out for include: *Complan*[™], *Nurishment*[™], *Meritene*[™] (formerly known as *Build Up*), *Meritene Active*[™] and *Aymes Retail*[™].

Do you have a small appetite or need to gain weight? Ask your Doctor or Dietitian for the leaflet '**A Food First Approach: Making the most of what you eat**' for practical ideas on how to fortify your food and drinks.