

A Food First Approach: Nourishing Drinks

Homemade Fortified Milkshake

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.

Think, Food First!