



focus on

NHS

To help prevent weight loss it is important to have **TWO** nourishing drinks a day from this leaflet. Each drink (200mls) contains at least 300 calories and 10g protein, which is similar to the prescribable nutritional drinks, such as Fortisip, Ensure Plus, Fresubin.

Tips for nourishing drinks:

- Always use full cream milk.
- Always use double or whipping cream not single cream.
- Mix milk powder to a runny paste with milk or cream to help it mix well.
- **Information for diabetics:**
Milkshake recipe use pureed fruit or drink with a meal or snack.
Hot chocolate recipe use "Highlights" or "Options".

Focus on Food milkshake

- 200mls milk
- 2 heaped tablespoons milk powder
- Milkshake syrup or powder to taste
- Calories per serving: 300



Yoghurt drink

- 150mls milk
- 1 heaped tablespoon milk powder
- 1 pot (150g) thick and creamy yoghurt
- Calories per serving: 300

Pineapple or banana yoghurt drink

- 300mls milk
- 1 heaped tablespoon milk powder
- 1 pot (150g) thick and creamy yoghurt
- 3 pineapple rings or 1 ripe banana
- Liquidise all the ingredients for 15 seconds.
Serve chilled
- Calories per serving: 300 pineapple, 300 banana



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Adapting meals to prevent weight loss

Nourishing hot chocolate

- 150mls milk
- 1 heaped tablespoon milk powder
- 1 teaspoon coffee powder
- 2 tablespoons of cream
- Calories per serving: 350

Nourishing coffee

- 150mls milk
- 1 heaped tablespoon milk powder
- 1 teaspoon coffee powder
- 2 tablespoons of cream
- Calories per serving: 350



Nourishing Cup-a-Soup

- 200mls milk
- 1 heaped tablespoon milk powder
- 1 packet of Cup-a-Soup
- Calories per serving: 300

Nourishing liqueur drink

- 125mls milk
- 1 heaped tablespoon milk powder
- 2 tablespoons of cream
- 4 tablespoons cream liqueur (e.g. Baileys)
- Calories per serving: 500

Nourishing hot chocolate or malted drink

- 150mls milk
- 1 heaped tablespoon milk powder
- 3 teaspoons hot chocolate powder or malted drink powder (e.g. Ovaltine, Horlicks)
- 2 tablespoons cream
- Calories per serving: 450



Further tips for adding extra calories

- Add a measure (25mls) of sherry, brandy, or liqueur to hot drinks (extra 55 calories)
- Add 1 tablespoon double cream (extra 135 calories)
- Add 1 scoop of vanilla icecream to cold drinks (extra 115 calories)
- Build Up or Complan are also useful options as high calorie nourishing drinks
- If you find recipes too creamy replace 1 tablespoon cream with 4 tablespoon full cream milk, this will reduce the calories by 100