

## A guide about nourishing drinks

---

Fluid is used by every cell in your body, and is important to keep your kidneys and bowels working properly. We often need to drink, even when we don't feel thirsty. Most of us need six to eight drinks a day. If you are finding it difficult to maintain your weight or you have lost weight recently, try to choose nourishing drinks.

Nourishing drinks include:

- full fat (whole) milk
- fruit juice
- soft drinks (not diet)
- yoghurt drinks
- over the counter supplements such as Complian, Aymes and Meritene Energis
- hot drinks made with milk such as coffee, drinking chocolate or cocoa or malted drinks, for example Horlicks or Ovaltine. You could even add some whipped cream on top!
- milkshakes or smoothies.

### Whole milk

Some people find that drinking one pint of whole milk each day helps to maintain their weight. You can fortify it to increase the protein and energy (see recipe below).

Use full cream or fortified milk in:

- milky puddings, for example Angel Delight, rice pudding, custard or semolina
- hot and cold drinks
- soups
- breakfast cereals
- mashed potato
- creamy sauces, such as cheese sauce
- milkshakes or smoothies.

If you find it difficult to manage a pint of milk daily then you could try evaporated and condensed milks in drinks, milk puddings, milk jelly, mousse or porridge.

### Fortified milk recipe

Mix one pint of full cream milk with two to four tablespoons of dried milk powder. Don't worry, it doesn't change the taste or texture.

1. Mix the powder in some milk to form a smooth paste.
2. Whisk the rest of the milk in slowly.
3. Store in a jug in the fridge.

### Nourishing milkshake recipes

#### Classic milkshake

- 200ml of milk or soya milk
- One tablespoon of milk powder
- Two scoops of ice cream, try different flavours or flavour using chocolate or strawberry syrup, instant coffee, vanilla essence, honey or malt
- Blend all ingredients until smooth
- Serve immediately

For a creamier alternative, try substituting the ice cream for one tablespoon of cream.

**Chocolate milkshake**

- 200ml of milk
- 100ml of single cream
- One scoop of ice cream
- One tablespoon of milk powder
- One tablespoon of sugar
- One tablespoon of chocolate flavouring
- Blend all ingredients until smooth
- Serve immediately

**Fruit smoothie**

- 200ml of milk
- One tablespoon of milk powder
- One ripe banana or cup of tinned fruit
- Two scoops of ice cream
- For flavour alternatives, try fresh or tinned fruit, for example strawberries, raspberries, mixed berries or mangoes
- Blend all ingredients together until smooth
- Serve chilled

**Fruit shake**

- 200ml of apple or mango juice
- One tablespoon of milk powder
- One scoop of ice cream or one tablespoon of double cream
- Add fruit puree, such as strawberry or apple for a thicker drink
- Blend all ingredients until smooth
- Serve immediately

**Contact us**

**Phone:** 0300 123 0861

**Email:** [kcht.centralisedappointmentteam@nhs.net](mailto:kcht.centralisedappointmentteam@nhs.net)

**Write to us:** Queen Victoria Memorial Hospital, King Edward Avenue, Herne Bay, Kent CT6 6EB

/Clinical-Nutrition-and-Dietetics

@KCHFTDietetics

**i care...**

your gift, our promise.



Help the NHS go above and beyond. Visit [www.kentcht.nhs.uk/icare](http://www.kentcht.nhs.uk/icare)

Registration number 1139134

**Customer Care Team**

If you have a query about our health services, or would like to comment, compliment or complain about Kent Community Health NHS Foundation Trust, you can contact the **Customer Care Team**.

**Phone:** 0300 123 1807, 8am to 5pm, Monday to Friday

Please say if you would like the team to call you back

**Text:** 07899 903499 **Email:** [kcht.cct@nhs.net](mailto:kcht.cct@nhs.net)

**Address:** Customer Care Team, Kent Community Health NHS Foundation Trust, Unit J, Concept Court, Shearway Business Park, Folkestone, Kent CT19 4RJ **Web:** [www.kentcht.nhs.uk](http://www.kentcht.nhs.uk)

If you need communication support, an interpreter or this information in another language, audio, Braille, Easy Read or large print, please ask a member of staff.

You will be asked for your agreement to treatment and, if necessary, your permission to share your personal information.

**Leaflet code:** 01056

**Published:** June 2017

**Expires:** June 2020

Page 2 of 2

17.90.60