

Nourishing Drinks

If you have been seen by a Speech and Language Therapist and diagnosed with dysphagia (swallowing problems), please do not use this leaflet.

Handy Tips:

- Try to have drinks between meals, **not** with meals, as this can make you feel fuller and reduce your appetite
- Choose ordinary fruit juices, squashes, and fizzy drinks. Avoid sugar free and diet versions. Replace some tea and coffee with milky drinks.
- Always be aware of specific dietary requirements and medical conditions that could affect your choice in drinks (e.g., Diabetes, Renal disease), speak to your GP / Dietitian if you are unsure.

Below are recipes for a homemade **fortified (nourishing) milkshake** and a **fortified fruit juice**

- These can help provide additional calories, protein, vitamins and minerals in your diet.
- Homemade fortified drinks can be as nutritious and contain as many nutrients as prescribed oral nutritional supplements (ONS).
 - Aim to have two fortified drinks per day.

Fortified Milkshake - Serves 1 (220ml)

Ingredients:

- **2 generous tablespoons (30g) skimmed milk powder**
- **5 heaped teaspoons (25g) of milkshake powder** e.g. *Ovaltine* *Original Add Milk*, *Horlicks Malted Food Drink*
OR 4 heaped teaspoons (20g) of milkshake powder if using milkshake powder that is already fortified with vitamins e.g. *Aldi Cowbelle*, *Asda Milkshake Mix*, *Lidl Goody Cao*, *Morrisons Milkshake Mix* or *Nesquik*
- **1/3 pint (180ml) whole milk**



Directions:

1. Mix milk powder and milkshake powder / Ovaltine / Horlicks together in a glass
2. Gradually mix in milk and stir well

Comparison between prescribed milkshake type supplements and homemade fortified milkshake				
Nutrient Content	Standard prescribed adult, ready to drink milkshake type ONS twice daily	Homemade fortified milkshake twice daily	Fortified Ovaltine twice daily	Fortified Horlicks twice daily
Energy (kcal)	600	590-620	637	638
Protein (g)	25	34.2	36.8	38.6

Fortified Fruit Juice - Serves 1 (220ml)

Ingredients:

- **10g (2x 5g sachets) egg white powder** which can be found in the home-baking section of most supermarkets or larger, better value packs can be purchased online)
- **40ml undiluted high juice squash or cordial** (not sugar free/diet/no added sugar)
- **180ml fruit juice** (try and use fruit juice with added vitamins e.g. *Vitafit (Lidl)* or *Tropicana Multivitamins*)



Directions:

1. Put egg white powder in a glass
2. Gradually stir in undiluted cordial or squash (do not whisk)
3. When mixed, gradually add in fruit juice, and stir well

Comparison between prescribed fruit juice type supplements and homemade fortified fruit juice		
Nutrient Content	Standard prescribed adult, ready to drink fruit juice type ONS twice daily	Homemade fortified fruit juice twice daily
Energy (kcal)	600	364-500
Protein (g)	15.6	16.8-18.8

Recipes adapted with permission from "PrescQIPP & Alison Smith (2022) Creating a Fortified Diet"

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