

Fortified Drinks

Use these recipes in addition to 'Eating & Drinking Well for Small Appetites' if you are at high nutritional risk. They are nutrient dense, offering a variety of nutrients including; energy, protein, vitamins & minerals. It's important to follow the recipes below to achieve the full range of nutrients. You can add other ingredients to your preference but don't remove anything from the recipes. Have 2 portions a day.

YOU WILL NEED:

1/3 pint/180ml full fat milk

2 heaped tablespoons (30g) dried, skimmed milk powder

4 heaped teaspoons (20g) vitamin fortified milkshake powder

(Nesquik, Asda Milkshake Mix, Morrisons Milkshake Mix or Lidl

Goody Cao)

OR

5 heaped teaspoons (25g) 'Ovaltine Original Add Milk' powder

OR

5 heaped teaspoons (25g) 'Horlicks Malted Food Drink' powder

FORTIFIED MILKSHAKE

DIRECTIONS:

Mix milk powder & milkshake/ovaltine or horlicks powder together in a glass.

Gradually mix in hot or cold milk & stir well.

1 portion = 220ml

305kcal- 320kcal, 17-19g protein



FORTIFIED FRUIT JUICE

For those who do not like or cannot drink milk

YOU WILL NEED:

180ml fruit juice

Top Tip: use fruit juice with added vitamins such as Tropicana Multivitamins or Naturis Juice (Lidl)

40ml undiluted high juice squash or cordial

(**not** sugar free/ diet/ no added sugar)

10g (2 x 5g sachets) egg white powder*

*found in the home-baking section of most supermarkets or larger, better value packs can be purchased online

DIRECTIONS:

Put egg white powder in a glass.

Gradually stir in undiluted cordial or squash & mix into a paste (do not whisk).

When mixed, gradually mix in fruit juice.

1 portion = 220ml

Between 180-250kcal, 8-9g protein



For people with diabetes you may wish to speak to your diabetes team or GP before starting

Nutritional Breakdown

Product comparison, per portion	Calories	Protein	Carbohydrate	Fat	Cost
Fortified Milkshake/Horlicks/Ovaltine					
Homemade fortified milkshake	305	17g	44g	7.5g	£0.40
Homemade fortified Horlicks	319	19.3g	43.8g	8.6g	£0.48
Homemade fortified Ovaltine	319	18.4g	44.3g	7.9g	£0.58
Fortified Juice (flavour combination suggestions)					
High juice blackcurrant squash + cranberry juice	212kcal	8.4g	42.4g	0g	£0.81
High juice orange squash + pineapple juice	205kcal	8.4g	38g	0g	£0.81
High juice cranberry squash + orange juice	182kcal	9.4g	34.2g	0g	£0.83
Elderflower cordial (e.g. <i>Belvoir</i> or <i>Bottlegreen</i>) + apple juice	238/250kcal	8.6g	46.6/52g	0g	£1.03

All costs calculated from major supermarket prices on 12/6/20