

Food-based Nutrition Support: Homemade Supplement Drinks

When someone is not eating well / losing weight it can be helpful to have a more 'nutrient dense' diet. This means using food and drinks with a number of nutrients such as calories, protein, vitamins and minerals.

Vitamin and mineral intake can be boosted by buying a one-a-day multivitamin and mineral supplement, but this should not be instead of a nutrient dense diet.

Use of homemade supplement drinks

It is important that homemade supplement drinks contain a number of nutrients, so that they can help with undernutrition. These can be made in different ways to match what someone likes/needs e.g. milkshake style, fruit juice style and vegan. These should be used alongside food-based approaches not instead of meals and snacks.

Aim to include 2 drinks per day between meals / snacks

Over the counter oral nutritional supplements drinks (OTC)

These are available in larger supermarkets and pharmacies and can be used instead of homemade supplement drinks. Examples include: Meritene™, Complan™. They can offer a good source of calories and protein. These should be used alongside food-based approaches not instead of meals and snacks.

Aim to include 2 drinks per day between meals / snacks

Fortified milkshake* - 1 serving

- 200ml whole milk
- 2 heaped tablespoons skimmed milk powder
- 2 tablespoons double cream
- 4 heaped teaspoons vitamin fortified milkshake powder (preferred flavour)

**most nutritionally complete choices*

Directions: Mix the milk powder and milkshake powder together with a small amount of milk to make a runny paste. Add the left over milk and cream and mix well

Calories: 435kcal

Protein: 17g

Or use warmed milk with chocolate flavour milkshake powder to make a fortified hot chocolate

Fortified malted drink* 1 serving

- 200ml whole milk, warmed
- 2 heaped tablespoons skimmed milk powder
- 2 tablespoons double cream
- 5 heaped teaspoons

Ovaltine™ or Horlicks™, original

Directions: Mix the milk powder and Ovaltine™ or Horlicks™ together with a small amount of milk to make a runny paste. Add the left over milk and cream and mix well

Calories: 492kcal

Protein: 19.7g

Fortified vegan milkshake - 1 serving

- 200ml sweetened soya milk
- 20g soya protein powder
- 2 tablespoons icing sugar
- 2 teaspoons cocoa powder

Directions: place all the ingredients in a jug and blend together

Calories: 272kcal

Protein: 25g

Compact fortified milkshake 1 serving

- 125ml whole milk
- 2 heaped tablespoons skimmed milk powder
- 1 tablespoon double cream
- 3 heaped teaspoons vitamin fortified milkshake powder

Directions: Mix the milk powder and milkshake powder together with a small amount of milk to make a runny paste. Add the left over milk and cream and mix well

Calories: 300kcal

Protein: 14.3g

Fortified fruit juice - 1 serving

- 200ml pure fruit juice
- 2 tablespoons icing sugar
- 5 tablespoons liquid pasteurised egg white e.g. Two Chicks™

Directions: Mix icing sugar with a small amount of fruit juice. Add the left over juice and liquid egg white and mix (DO NOT WHISK)

Calories: 194kcal

Protein: 9.4g

For those individuals who do not like or cannot take milky drinks

Other top tips

Fortified milk - 1 pint

- 1 pint whole milk
- 5 heaped tablespoons skimmed milk powder

Directions: Mix the milk powder together with a small amount of milk to make a runny paste. Add the left over milk and mix well. Store in the fridge and use throughout the day.

Can be used for cereal & drinks such as milky coffee / hot chocolate / malted drinks / milkshake. To add to porridge, soup, sauces, custard etc.

Calories: 582kcal

Protein: 40g

Fortified shots –if you can not manage larger volumes

Aim for 3 x 40ml servings a day

Booster shot - 1 serving

- 40ml condensed milk
- 1 teaspoon chocolate spread

Directions: stir together

Calories: 150kcal

Protein: 3g

Cream shot - 1 serving

- 40ml double cream / vegan equivalent e.g. Oatly Whippable Creamy Oat™
- Flavouring essence / extract (vanilla / almond / peppermint)
- 1 teaspoon icing sugar

Directions: stir together

Calories: 207kcal (vegan equivalent - 121kcal)

Protein: 0g

Savoury alternative

Fortified soup

1 serving

- 1 sachet cup-a-soup made with 200ml water, heated / ½ tin soup, heated
- 1 heaped tablespoon skimmed milk powder
- 2 tablespoons double cream

Directions: Mix the milk powder with a small amount of soup to make a runny paste. Add the left over soup and cream and mix well

Calories: 300kcal

Protein: 6g

Soup boost- 1 serving

- 200ml whole milk, heated
- 1 sachet cup-a-soup
- 2 heaped tablespoons skimmed milk powder
- 2 tablespoons double cream

Directions: Mix the milk powder and cup-a-soup together with a small amount of milk to make a runny paste. Add the left over milk and cream and mix well

Calories: 497kcal

Protein: 19.1g

For vegan versions replace milk with sweetened soya milk & use vegan protein powder e.g. pea or soya instead of skimmed milk powder (NB: calories & protein content will be less)

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