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[Health and Social Wellbeing Improvement](#)



Nourishing Drinks Recipe Ideas Information for Patients and Relatives

Introduction

If you have a small appetite or have noticed recent weight loss, you may need some additional nourishment. It can be easier to have a high calorie drink. Some drinks fill you up without providing much nourishment.

This leaflet contains simple recipes for delicious nourishing drinks. All the ingredients are low cost and can be found in most household cupboards.

- Additional high calorie drinks should not replace meals. They should be taken as a snack, between meals. Always choose full fat products.

- No special equipment is required to make the high calorie drinks. A hand blender or liquidiser can be used to whizz together the ingredients.

If you do not have a liquidiser, try using a sieve to push all of the ingredients through before serving, to remove any lumps.

These drinks have high sugar content and should be used with caution, in those living with Diabetes.



How to make Fortified Milk

Fluids are vital to stay hydrated. Water, tea and cordial are good for hydration but they are not very high in calories. Using the recipe below you can make up a pint of fortified milk. This can be used in drinks and foods throughout the day to boost your nourishment.

You will need:

Box Skimmed milk powder
1 pint of Whole Milk
Measuring Jug
Tablespoon
Fork



This collection of resources was developed by the Northern Ireland Formulary Implementation Group. The resources provide guidance to healthcare professionals on the appropriate use of oral nutritional supplements (ONS) in different patient cohorts and include leaflets for patients and carers, available to download below.

Date of Preparation: 2023

Date of Review: November 2025

Additional information

More resources will be added to this page as they become available.

Details

Format

A4 5 pages PDF only

Target group

Healthcare professionals, patients and carers

Downloads

| Attachment | Size |
|---|-----------|
| How to use oral nutritional supplements 0623.pdf | 3.77 MB |
| Nourishing Drinks Recipe Ideas 0623.pdf | 7.87 MB |
| When illness affects your appetite 0823.pdf | 2.4 MB |
| Guidance for appropriate prescribing of ONS FINAL.pdf | 131.09 KB |
| Regional guidance - substance use Sept23.pdf | 186.71 KB |
| Palliative care leaflet regional November 23.pdf | 549.88 KB |
| Swallowing information for end of life care 0.pdf | 549.88 KB |

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