

## Patient information factsheet

### Nourishing fluids

If your appetite is poor, nourishing fluids are a good way to add extra calories and protein into your diet. This factsheet contains some recipe ideas that you can try at home. Each recipe makes one serving (unless specified otherwise). Remember to have your nourishing fluids after meals to avoid filling yourself up before you eat.

<p style="text-align: center;"><b>Berry and cream shake</b></p> <p><b>Ingredients</b>            100g full fat fruit yoghurt            100ml cranberry juice            5 tablespoons double cream            1 tablespoon strawberry milkshake powder</p> <p><b>Method</b>            1. Blend until smooth.</p> <p>Per serving: 583kcal and 6g protein</p>	<p style="text-align: center;"><b>Fruit blast</b></p> <p><b>Ingredients</b>            100ml fresh fruit juice            100ml lemonade            1 scoop ice cream or double cream            1 tablespoon sugar</p> <p><b>Method</b>            1. Stir ingredients together.</p> <p>Per serving: 273 to 387kcal and 0.5 to 2.5g protein</p>
<p style="text-align: center;"><b>Banana oatmeal smoothie (vegan)</b></p> <p><b>Ingredients</b>            1 medium to large banana (peeled)            250ml unsweetened plant milk of your choice (rice, soy, almond or coconut)            25g instant oats, quick cook oats or regular oats (whichever you prefer)            1 tablespoon maple syrup            1/4 teaspoon cinnamon (ground)            1 tablespoon peanut butter</p> <p><b>Method</b>            1. Blend until smooth.</p> <p>Per serving: 386kcal and 12g protein</p>	<p style="text-align: center;"><b>Banana cream (three servings)</b></p> <p><b>Ingredients</b>            280ml/10fl oz whipping cream            3 ripe bananas (peeled)            2 tablespoons (heaped) caster sugar            1 lemon (juice and grated rind)</p> <p><b>Method</b>            1. Whisk the cream until thick.            2. Mash the bananas with the sugar, grated lemon rind and juice.            3. Combine the banana mixture with the cream.            4. Chill before serving.</p> <p>Per serving: 489kcal and 3g protein</p>

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<p style="text-align: center;"><b>Chocolate hazelnut dream</b></p> <p><b>Ingredients</b> 200ml whole milk 2 tablespoons condensed milk 2 tablespoons double cream 2 tablespoons hazelnut chocolate spread 1 tablespoon dried milk powder</p> <p><b>Method</b> 1. Whisk together all the ingredients.</p> <p>Per serving: 621kcal and 12g protein</p>	<p style="text-align: center;"><b>Basic fruit smoothie (four servings)</b></p> <p><b>Ingredients</b> 400g/14oz tinned peaches or other tinned fruit 150ml/5fl oz double cream 175g/6fl oz thick, creamy yoghurt 1 scoop ice cream 400ml/13fl oz apple juice</p> <p><b>Method</b> 1. Blend until smooth.</p> <p>Per serving: 349kcal and 3.5g protein</p>
<p style="text-align: center;"><b>Calorific cup-a-soup (savory)</b></p> <p><b>Ingredients</b> 150ml whole milk 1 cup-a-soup sachet 1 tablespoon milk powder 1 tablespoon double cream</p> <p><b>Method</b> 1. Stir the milk powder into the milk until well mixed. 2. Warm the milk either in a microwave or on the hob (do not boil). 3. Add the sachet of soup and stir until well mixed. 4. Stir in the double cream.</p> <p>Per serving: 361kcal and 12g protein</p>	<p style="text-align: center;"><b>Chocolate peanut butter smoothie (vegan)</b></p> <p><b>Ingredients</b> 500ml coconut water 1 tablespoon golden syrup 2 ripe bananas (peeled) 2 small avocados (peeled) 1 tablespoon cocoa powder 1 teaspoon vanilla extract 2 tablespoons peanut butter</p> <p><b>Method</b> 1. Blend until smooth.</p> <p>Per serving: 481kcal and 8g protein</p>

## Contact us

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