

High Calorie Drinks



Your GP has referred you to the dietitian to assess your health and nutritional status, please try to have at least 2 of these drinks per day until your appointment with the dietitian.

Try to have these between or after meals and have them in replacement of low calorie drinks, such as tea, water and diluted juice. The following high calorie drinks can be made up and stored in a refrigerator for up to 24 hours.

Supershake: (makes 1 portion)

Ingredients

- 200ml whole milk
- 2 tablespoons dried milk powder
- 3 heaped teaspoons vitamin fortified milkshake powder (e.g. Nesquik or supermarket own brand)

Directions

1. Mix dried milk powder and milkshake powder together in a glass
2. Gradually add in the milk and stir well

Supersoup: (makes 1 portion)

Ingredients

- 1 sachet of cup a soup (smooth, no bits)
- 1 tablespoon dried milk powder
- 200ml whole milk
- A little boiling water

Directions

1. Mix the cup a soup sachet contents and dried milk powder with a little boiling water to dissolve
2. Heat the milk and stir in gradually until dissolved

Superjuice: (makes 1 portion)

Ingredients

- 100ml lemonade • 75ml full sugar cordial • 2 tablespoons icing sugar • 1 tablespoon golden syrup

Directions

1. Mix ingredients together and stir well

(not suitable for people with diabetes unless agreed with your health care professional).

Super Creamshot: (makes 1 portion)

Ingredients

- 40ml double cream
- Flavouring to taste such as vanilla, strawberry, chocolate, blackcurrant, peppermint

Directions

1. Mix the ingredients together and stir well

Supershake Compact: (makes 1 portion)

Ingredients

- 125ml whole milk
- 3 tablespoons dried milk powder
- 3 heaped teaspoons vitamin fortified milkshake powder (e.g. Nesquik or supermarket own brand)

Directions

1. Mix dried milk powder and milkshake powder together in a glass
2. Gradually add in the milk and stir well

Super Creamshot and Supershake Compact are suitable for those who struggle with larger volumes of fluid.

The high calorie drinks can be thickened using a thickening agent. Please discuss with your Speech and Language Therapist for instructions on how to do this, to ensure the correct thickness.

If you have a diagnosis of diabetes some of these recipes may increase blood glucose levels. Please seek advice from a healthcare professional (dietitian, GP or nurse) if you have any concerns or queries.

Contact details:

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