

Good Food First – Ideas for nutritious drinks

The right drinks can help to improve your diet if you have a poor appetite or need to gain some weight. There are a selection of nutritious drinks, soups and puddings available to purchase locally from supermarkets and chemists. You can also make your own using home made recipes.

Experiment by making your own drinks and soups using your choices from ingredients such as:

- Fortified milk – mix 2oz (60g) or 4 tablespoons of dried milk (any type) with 1 pint of whole milk
- Add whole-milk yoghurts, ice cream, fromage frais to milk and fruit to make nutritious smoothies
- Look for the condensed and cream of style soups and packet soups and add milk/fortified milk instead of water to add calories and protein
- Add a single serving of butter/margarine into soups. It will enrich the flavour of the soup and add 70 calories.

Recipes

Fruit Yoghurt Drink

1 small carton full fat natural yoghurt
1 small glass fruit juice or pureed fruit
Mix the ingredients together and whisk them well. Then chill and serve.

Milk Shake

1 scoop ice-cream
 $\frac{1}{3}$ pint milk
Flavour with milk shake syrup, cordial or honey
Mix ice-cream, milk and flavouring together in a blender and serve.

Ideas for nutritious snacks and meals

Snack meals:

- Toast with topping e.g. sardines, cheese
- Sandwich filled with meat, fish, cheese or egg
- Pies, sausage roll, pasties.

Snack and Dessert ideas:

- Thick and creamy yoghurt, blancmange, mousse, instant whip
- Cheese & crackers
- Sponge cake (e.g. chocolate, Maderia, Genoa)
- Biscuits (bourbons, gingernuts, custard creams, fruit shortcake, digestives)
- Crisps, nuts, dried fruit
- Egg custard, bread & butter pudding
- Stewed/tinned fruit with custard, cream or ice cream.