

Nutrition Support

High Calorie Snacks, Drinks and Recipes



Nutrition Support

This booklet has been produced for patients who have a poor appetite and/or have lost weight unintentionally.

There is information on **fortifying food** to make it more calorific and nutritious as well as easy to follow recipes.

Eating **little and often** of these high calorie nutritious foods will help to regain lost weight and improve general wellbeing.

“Every Mouthful Counts “ Useful Groceries for Food fortification

Full cream milk	Butter	Cheese
Honey	Milk Powder	Mayonnaise
Cream	Jam	Condensed milk

Adding these foodstuffs increases the calories & nutrients of foods without increasing the volume.

300 kcal Snacks

(Equivalent energy to one standard supplement drink)

- Large choc-chip cookie
- Fruited teacake with butter
- 1 glass of whole milk and 2 digestive biscuits
- 1½ slices of fried egg bread/toast
- 1 thick and creamy yoghurt and 1 digestive biscuit
- 2 slices of toast with butter and jam, chocolate spread or peanut butter
- 3 crackers with butter & cheese
- Blueberry or chocolate muffin
- Large Scotch egg
- Vanilla slice
- Danish pastry
- 3 scotch pancakes with butter
- 2 tablespoons of homemade trifle
- Bowl of cereal with full cream milk
- 4 fig rolls
- 2oz unsalted peanuts
- 1/3 tub Pringles/Stackers/ Supermarket's own brand
- 12 marshmallows
- 3oz jelly babies
- 9 mint humbugs
- 25 fruit pastilles
- Yorkie chocolate bar
- Snickers chocolate bar

Nourishing Drinks

- Milk is a nutritious and versatile food.
- Drinking milk in between meals helps you to meet your daily requirements for energy and nutrients.

Change to Full Cream Milk (Blue top)

Fortified Milk

Whisk 4 tablespoons of skimmed milk powder (e.g. Marvel) into 1 pint of full cream milk. This can then be used in drinks, on cereal, in cooking, sauces, puddings & custards. Use fortified milk in malt drinks such as Horlicks, cocoa, hot chocolate and milkshakes. (Drinks powders such as Horlicks and milkshake powders also contain calories, protein and some vitamins & minerals)

Add in extra calories with:

- Sugar, honey, cream and grated chocolate in hot drinks.
- Ice-cream, yoghurts and fruit in smoothies and milkshakes.

Below is a table of the Nutritional Values of some nourishing drinks

200 ml Drink Average size glass or mug	Ingredients	Calories (kcal)	Protein (g)	Calcium (mg)
Full cream Milk	200ml full cream milk	140	7	240
Fortified Milk 1/2 litre / 500ml + 60g dried milk powder	200ml full cream milk 24g skimmed milk powder	220	15	550
Malt drink e.g. Horlicks©	200ml Fortified full cream milk 50g Malt powder	400	20	780
Milkshake various flavours	200ml full cream fortified milk 2tbsp (16g) milkshake powder/syrup 30ml single cream	310	16	580
Hot Chocolate Drink	200ml fortified full cream milk 3 heaped teaspoons/25g drinking chocolate powder	310	17	550
Cocoa	200ml fortified full cream milk 1 teaspoon (4g) Cocoa powder 1tsp sugar	275	16	550

Milkshake and Smoothie Recipes

(Blend all the recipes below until smooth)

Super Shake (630 kcal 19g protein)

200mls full cream milk
 3tbsp (45ml) double cream
 1 scoop ice cream
 4tsp milk powder
 Soft fruit e.g. 1 x banana or handful berries.
 (Drained tinned fruit can be used.)
 2 teaspoons milk shake powder/syrup

Yoghurt & Berry Smoothie (410 kcal 22g protein)

150ml full cream milk
1 pot full fat yoghurt
4tsp milk powder
1 banana
Handful berries
(strawberries, blueberries etc.)
1tsp honey/sugar

Fruit Blast (300kcal)

100mls fresh orange juice
100mls lemonade
1 scoop ice-cream/sorbet
1tbsp sugar

Berry Blast smoothie (400 kcals 14g protein)

1 banana
1 pot Greek yoghurt
Handful berries (fresh, frozen or tinned)
150mls full cream milk

Fruit Boost (190 kcal 3g protein)

150ml orange juice
50ml pineapple juice
1 banana
1 handful strawberries
1 handful raspberries

Banana & Peanut butter smoothie (490 kcal 19g protein)

150ml full cream milk
1 scoop ice cream
4tsp milk powder
1 banana
1tbsp peanut butter
1tsp honey/sugar

Lemon Posset

Ingredients - Makes 4 Possets

300ml (1/2 pint) double cream
70g (3oz) white granulated sugar
1 large un-waxed lemon (juice and finely grated zest)

Method

Place the cream in a large saucepan and bring to the boil. Stir in the sugar. Simmer for 3 minutes stirring occasionally until visibly thicker with a slight colour change.

After 3 minutes, remove from the heat and stir in juice from the lemon and finely grated zest.

Pour into 4 pots/dishes and refrigerate for 2 hours.

Serve on its own or with fruit / shortbread / biscuits

Information

Calories per serving: 396 kcal

Protein: 1.25g

Mars Bar Mousse

Ingredients

300ml (approximately ½ pint double cream)
1 standard Mars Bar (58g) / similar supermarket's own brand
1tbsp (15g) cocoa powder
1tbsp (25g) white sugar

Method

Take approximately 200ml of the double cream, and place in a pan with chopped Mars Bar (approx. ¼ inch squares), sugar and cocoa powder.

Stir the mixture and bring to the boil, then simmer and continue stirring until all Mars Bar and sugar has dissolved. Place in a bowl and chill in fridge for about 2 hours.

Place the remaining 100ml of cream in a large bowl and whisk until it starts to thicken, then slowly whisk in the **cool** Mars Bar mixture a little at a time until it is evenly mixed and the mixture resembles whipped cream texture.

Either pipe or spoon into 4 dishes, decorate with fruit, sprinkles or leave plain. Return to fridge or serve straight away.

Information

Calories per serving: 450kcal

Protein per serving: 3g

Suitable for pureed menu

Cal Cake

Ingredients

250g butter/margarine
250g granulated sugar
200g self raising flour
50g skimmed milk powder
50g ground almonds
4 eggs
1tbsp full cream milk (if required)

Method

Pre-heat oven to Gas mark 4 / 180°C. Beat butter and sugar together until soft and lighter in colour. Mix the sifted flour, milk powder and ground almonds together.

Add 1 egg with a tablespoon of the dry ingredients to the creamed butter and sugar and continue to mix well. Continue until all 4 eggs have been added to the mixture.

Slowly fold in the remaining dry ingredients. The mixture should fall easily from a spoon. If not, add a tablespoon of full cream milk to reach the required consistency.

Split the mixture into 2 non-stick or greased and lined sandwich tins. Alternatively spoon into a tin/dish large enough to allow the mixture to double in size.

Bake in the centre of the oven for about 45 minutes or until the sponge is springy to the touch and starts to shrink from the sides of the tin.

Makes 8 portions

Serve with...

1. Custard (602 kcal 12g protein per slice)
2. Pouring single cream (575 kcal 11g protein)
3. Ice-cream (615 kcal 11g protein)
4. Jam & whipped cream (665 kcal 11g protein per slice)

This recipe can be adapted in many ways e.g.

- Individual cupcakes
- Chocolate cake (add 30g Cocoa powder and reduce Milk powder to 20g)
- Lemon Drizzle (add the juice and finely grated zest of 1 lemon into the mixture and top with lemon syrup/icing).

Information (based on cake divided into 8)

Calories per slice: 545kcal

Protein per serving: 10g

BUILD UP® / COMPLAN® - Mousse

Mix together

38g Complan or Build Up milkshake powder
200ml whipped cream

This will make two. These can be frozen.

Information: 1 portion = 480kcal 7g protein

Cream Shots

A replacement / alternative to supplement shots
To make 1 x 30 ml shot (130 kcal + 0.5g protein)

Mix together

30ml whipping cream (1 tablespoon)
5ml/6g (1 teaspoon) milkshake powder/syrup

Super Smoothie

Makes approx. 2 x 150ml drinks

Ingredients

1 medium banana
4-6 (50g) strawberries, raspberries, blueberries or blackberries
(tinned/frozen or fresh)
2 teaspoons honey/sugar
30ml single cream
1 scoop vanilla ice-cream
200ml fortified full cream milk

Method

Blend all the ingredients together in a food processor / liquidizer.
Serve immediately in tall glasses with a straw.

Information per 150ml: 250kcal, 10g protein

Non- Dairy Food Fortification

Nourishing drinks recipes

Fruit Fusion

Serves 1

50ml concentrated Ribena
150ml cranberry juice
50g / 1 scoop lemon sorbet
100ml water

Mix all ingredients in a blender and serve chilled.

Information: 250kcal, 0gprotein

Tropical Twister

Serves 1

200ml pure pineapple juice

70g lemon sorbet

100g canned sliced peaches in syrup

50mls coconut milk

Mix all ingredients in a blender and serve chilled.

Information: 300 kcal, 2g protein

Tropical Magic

Serves 1

1 small banana

4 tinned apricots

150ml pineapple juice

100ml coconut milk

Mix all ingredients together in a blender and serve chilled.

Information: 380kcal, 4g protein

Alternative milks and creams are available in most supermarkets, e.g. soya, rice, almond & hazelnut milk.

Soya cream, ice-cream and yoghurts are widely available. The most common brand is Alpro but others may be available.

Non-dairy / 'Lacto-free' cheese is also widely available. Most larger supermarkets do a "Free From" range that includes gluten and lactose free products such as cakes, biscuits, chocolate and puddings.

Other suitable foods to use for food fortification

Jam

Honey

Syrup

Sugar

Peanut butter

Mayonnaise

Ground almonds

Olive oil

Rapeseed oil

Nut and vegetable oils

Nuts & seeds

Dried fruit

Fruit sorbet

Non-dairy ice-cream blended into cold drinks

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Additional Information

If you would like this factsheet in another language or format, e.g. Braille, large print or audio, you can do so by contacting:

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