

You may require oral nutritional supplements (liquids or powders which provide macronutrients and micronutrients) if you are unable to meet your nutritional requirements through diet alone. They are mostly available over the counter in supermarkets or pharmacies. Speak to your doctor/dietitian to find out which are more suitable for you.

## Where Can You Get More Information?

To find a dietitian, please call 6357 8322 to make an appointment. You will need to obtain a referral from your doctor for a dietitian consultation session.

### Clinic B2

#### Department of Nutrition and Dietetics

TTSH Medical Centre, Level B2

#### Contact:

6357 7000 (Central Hotline)



Scan the QR Code with your smart phone to access the information online or visit <http://bit.ly/TTSHHealth-Library>

Was this information helpful?  
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## Department of NUTRITION & DIETETICS

# Nourishing Drinks





## Getting More Out Of Your Fluids

Drinks may be easier to manage than solids when you do not feel like eating. Getting enough fluids is also important to keep yourself hydrated. However, clear liquids (e.g. water, plain coffee/tea and clear soups) contain little energy (calories) and protein. This means that they will make you feel full without providing much nutrition to your body. Alternatively, nourishing drinks provide extra energy and protein in addition to fluids.

Nourishing drinks are useful if:


- ✓ You are underweight or experience unintentional weight loss
- ✓ You have increased energy and protein needs due to medical conditions (e.g. cancer, infected wounds)
- ✓ You are eating lesser due to poor appetite or nausea
- ✓ You are on a full liquid diet


The table below shows some examples of nourishing drinks.

Nourishing drinks	High in energy	High in protein
<p><i>Milk</i></p>  <p>Milk is a common base for milkshakes and smoothies. It can also be added to coffee, tea, malted and chocolate drinks. Choose full cream milk instead of low fat/skim milk as it contains more energy. For more nourishment, you can add two tablespoons of full cream milk powder to one cup of full cream milk.</p>	✓	✓
<p><i>Soy milk</i></p>  <p>The protein in soy milk is comparable in protein to that in cow's milk. It is a good alternative for those who are vegan, lactose intolerant or dislike the taste of cow's milk.</p>	✓	✓
<p><i>Oat milk, almond milk and rice milk</i></p> <p>These are good alternatives for those who are vegan, lactose intolerant or dislike the taste of cow's milk.</p>	✓	

Nourishing drinks	High in energy	High in protein
<i>Commercial yoghurt drinks</i>	✓	
<i>Cream soups</i>	✓	
<i>Malted drinks</i>	✓	
<i>Chocolate drinks</i>	✓	
<i>3-in-1 beverages</i>	✓	
<i>Fruit/vegetable juices</i>	✓	
<i>Sweetened beverages including non-diet soft drinks, energy drinks and sports drinks</i>	✓	
<i>Cordials, syrups and honey water</i>	✓	

## Recipes

Milkshake	
<b>Ingredients</b>	 <p><b>Instructions:</b> Blend all the ingredients together until it becomes smooth.</p>
200ml of full cream milk or soy milk	
One tablespoon of full cream milk powder or soy milk powder	
One scoop of ice cream	
Flavour the milkshake with peanut butter, chocolate/strawberry syrup, vanilla essence or honey as per your preference. For more local flavours, try adding Milo/Ovaltine/Horlicks powder.	

Fruit smoothie	
<b>Ingredients</b>	 <p><b>Instructions:</b> Blend all the ingredients together until it becomes smooth.</p>
100ml of full cream milk or soy milk	
100ml of full fat yoghurt	
Fruit of your choice (e.g. banana, mango or berries)	
Flavour with honey as per your preference	