



# 'Get more in!' Drinks

Information for patients - Dietetics Department



## Fortified Milk:

- ❖ Add 2 - 4 tablespoons of dried milk powder to one pint of milk and drink/use as normal



## Complan/Meritene:

- ❖ Make as directed using fortified/whole milk

## Milkshakes:

- ❖ Add shake flavouring to fortified/whole milk
- ❖ Add ice-cream/cream ❖ Add fresh or tinned fruit in syrup



## Soups:

- ❖ Add fortified/whole milk or cream
- ❖ Add neutral Complan/Meritene, etc.



## Tea, coffee, cocoa, etc:

- ❖ Use fortified/whole milk ❖ Add cream to coffee and cocoa
- ❖ Add neutral Complan/Meritene, etc.



## Cola, lemonade, diluting juice, etc:

- ❖ Use ordinary type, i.e. with sugar
- ❖ Add ice-cream



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