



Department of Renal Medicine

Patient Dietary Advice – Milk Based Fortified Drinks

Introduction

When you are unwell you may find your appetite is poor and you're not eating so well. The high calorie recipes in this leaflet are designed to help supplement your diet – they are not designed to be a meal replacement.

Fortified Milk

Ingredients:

2 tablespoons of dried skimmed milk powder 200ml of whole milk

How to prepare:

- 1. Mix the powder with a small amount of milk to make a paste
- 2. Whisk in the rest of the milk

Strawberry Milkshake

Ingredients:

2 tablespoons of dried skimmed milk powder200ml of whole milk1 tablespoon of double cream50g of strawberries, fresh or frozen

How to prepare:

- 1. Mix the powder with a small amount of milk to make a paste
- 2. Whisk in the rest of the milk/drink
- 3. Mix the remaining ingredients and blend them

Fruit Smoothie

Ingredients:

1 tablespoon of dried skimmed milk powder

100ml of whole milk

2 tablespoons of double cream

50g of strawberries, fresh or frozen

1 scoop of vanilla ice cream

How to prepare:

- 1. Mix the powder with a small amount of milk to make a paste
- 2. Whisk in the rest of the milk/drink
- 3. Mix the remaining ingredients and blend them

Energy: 236 Kcal Protein: 17.2 g Potassium: 21mmol

Fluid: 200ml

Energy: 325 Kcal Protein: 17.7 g Potassium: 24mmol

Fluid: 250ml

Energy: 374 Kcal Protein: 11.5 g Potassium:16.5mmol

Fluid: 180ml

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