Nourishing Drink Ideas

Advice for people with a poor appetite or a low BMI

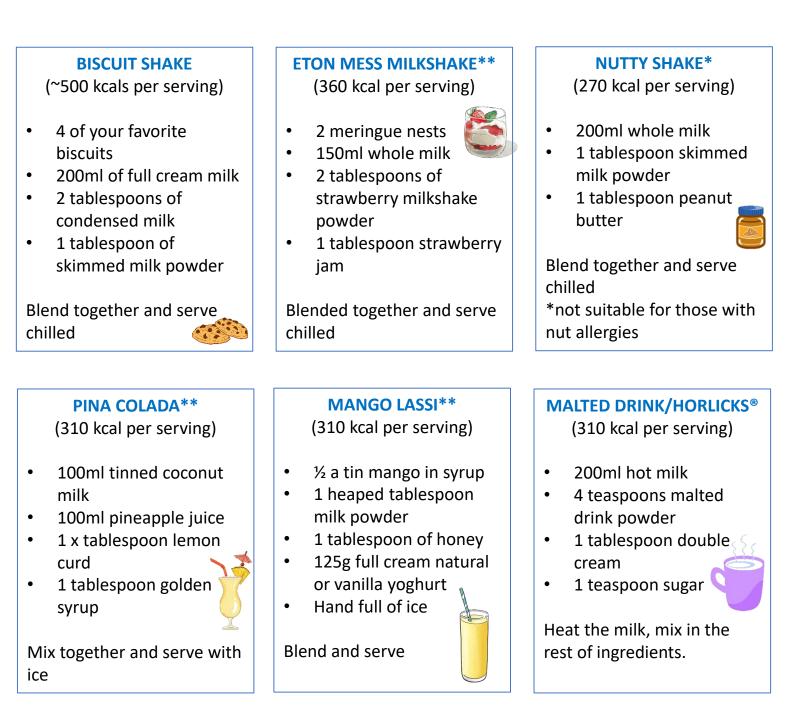


and serve warm.



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Top tips:

- Use full cream milk or full sugar drinks** to provide extra energy
- Consider adding skimmed milk powder, condensed milk, cream, sugar, golden syrup, peanut butter, jam or fruit to any drinks for extra energy

Change full fat milk to soya milk for vegans/ those with lactose intolerance

*not suitable for those with nut allergies

** consider low-sugar alternatives for those with diabetes