



A guide to...

High energy and protein liquid diet sheet

Patient Information

How to contact us

Nutrition and Dietetics
Watford General Hospital
West Hertfordshire Hospitals NHS Trust
Vicarage Road, Watford, Hertfordshire WD18 0HB

Tel: 01923 436 236 Ext: 8236 Email: westherts.dietetics@nhs.net

If you need this leaflet in another language, large print, Braille or audio version, please call **01923 217 198** or email **westherts.pals@nhs.net**



Author	Anjna Gorecia, Dietitian
Department	Speech and Language Therapy / Dietetics
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Introduction

Good nutrition is more important during illness than at any other time as your body is under stress, so it needs more energy and protein to meet its needs and prevent weight loss.

Good nutrition provides nutrients to help fight infection and repair damaged tissues.

If you are only able to take foods as liquids, it is important to plan and balance your eating and drinking throughout the day to ensure that you take in all the nourishment your body needs.

If you have been advised by your speech and language therapist to thicken your drinks, you must follow their instructions.

Your dietitian will assess your diet and calculate the energy requirements you should aim for. It is important that you monitor your weight regularly. If you have any concerns about your weight, contact your GP/dietitian/district nurse for further advice.

Helpful tips

- Choose nourishing drinks to help provide you with more energy and protein
- Allow plenty of time for your meals.
- If your mouth is sore, cold/iced drinks may be more soothing.
- Avoid boredom by having a variety of flavoured drinks. Consider using a mix of flavours, e.g. mint and chocolate. Use essences or spices such as nutmeg or cinnamon.
- Ensure drinks are blended well. Some recipes may still need to be passed through a sieve to ensure all bits are removed.
- Your appetite is likely to vary day by day, so make the most of the days where you feel you can have more.
- Liquidise meals in bulk and freeze if you have enough storage space.
- Avoid drinking just water, diet drinks, tea and coffee as these are low in calories.
- If your mouth is particularly dry, try having ice lollies, sorbet or boiled sweets to suck on to help stimulate your saliva.

While having a liquid diet, it is really important it is still balanced to make sure that you are still receiving all the nutrients your body needs.

Protein

This is needed for growth and repair of body tissues and to help promote muscle gain.

Meat and fish may be liquidised in soup, stock, gravy or thin sauces. Lentils and other pulses are a good source of protein and fibre if you are vegetarian. These will need to be well blended to be a suitable consistency.

Calories

A calorie is a measure of energy contained in food. Sufficient energy is required to help prevent weight loss, and to ensure the protein is used for growth and repair. Make sure you choose high energy, high protein foods until your appetite/weight returns to normal.

Savoury drinks

Try having a very thin cheese sauce made with fortified milk, either homemade or from a packet or different soups with fortified milk or added cream.

Fibre

Try adding smooth nut butters or very finely ground almonds to fortify your smoothies/milkshakes while adding fibre to them.

Fruit and vegetables

Fruit and vegetables may be juiced and sieved if you have a juicing machine or added to well blended soups. You can add extra cream/plain yoghurt/cream cheese to add nutrition. If you do not have a juicer, have some vegetable/fruit juice or blackcurrant cordial fortified with vitamin C every day.

Milk

Take with or between meals. If you are unable to take meat, fish or cheese, take at least two pints of full fat milk a day in drinks.

Fortified milk

Add two to four tablespoons of full fat dried milk powder to one pint of full fat milk and whisk well. This can then be used throughout the day in drinks, soups, sauces or puddings.

Full fat yoghurt / fromage frais

If your yoghurt is too thick try mixing with milk. Choose smooth yoghurts with no bits.

Ice cream

Try it on its own or whisked into drinks for extra energy and protein.

Ready-made drinks

Ready-made drinks available include Nutren Build-up, Complan, Nourishment, Mighty Malt, Nutriment, yoghurt drinks, milk shakes and smoothies.

Recipes

Basic milk shake recipes. These can be flavoured with milkshake syrups, fruit cordials, melted chocolate bars, smooth fruit purées or ice cream sauces.

Use between 2-4 tablespoons of milk powder in your fortified milk, kcals and protein will vary depending on how much you use

Blend all the ingredients together in a liquidiser or using a whisk.

Milkshake 1

560 Kcals, 23g protein

200mls fortified full fat milk
3 tablespoons ice cream
2 tablespoons cream

Milkshake 2

545Kcals, 32g protein

200mls fortified full fat milk
1 sachet of Complan (flavour optional)
1 tablespoon flavoured syrup (optional)

Milkshake 3

660 Kcals, 34g protein

200mls fortified full fat milk
1 sachet of Complan
1 tablespoon flavoured syrup
3 tablespoons ice cream

Milkshake 4 - low volume

489 Kcals, 18g protein

*80mls fortified full fat milk
2 tablespoons double cream
1 sachet Complan*

Uses 2 tablespoons of skimmed milk powder

Fortified juices

150 Kcals, 5g protein

These are particularly useful if you don't like milky drinks.

Use any fruit juice with no bits and add 4-5 teaspoons of skimmed milk powder.

Mix the skimmed milk powder with a small amount of the juice to make a paste. Add the rest of the juice in and mix well.

1. Strawberry Smoothie

567 Kcals, 14g protein

4 tablespoons tinned strawberries
(preferably in syrup)
½ large banana
3 tablespoons clear honey
5 tablespoons ice cream
50mls full fat milk
2 tablespoons skimmed milk powder

Mix the skimmed milk powder into a small amount of milk to make a smooth paste, then add the rest of the milk. Place all the ingredients into a liquidiser and blend until smooth.

Alternatively, sieve the fruit and then whisk with the remaining ingredients, ensuring there are no 'bits' remaining.

2. Tropical Shake

514 Kcals, 15g protein

1 tablespoon clear honey
2 tablespoons double cream
1 full fat fruit yoghurt
200mls passion fruit juice (with no bits if able)
2 tablespoons skimmed milk powder

Mix the skimmed milk powder into the yoghurt. Place all the ingredients into a liquidiser and blend until smooth.

Alternatively, sieve the fruit juice and then whisk with the remaining ingredients, ensuring there are no 'bits' remaining.

3. Chocolate Malt

430 Kcals, 25g protein

200mls fortified full fat milk
2 tablespoons cocoa powder
1 teaspoon sugar
2 tablespoons ice cream
1 tablespoon of Horlicks

Mix all the ingredients together using a whisk or liquidiser.

4. Banoffee Shake

590 Kcals, 27g protein

150mls fortified full fat milk
½ large banana
1 full fat toffee yoghurt
2 tablespoons double cream

Uses 4 tablespoons of skimmed milk powder

Place all the ingredients into a liquidiser and blend until smooth.

Alternatively, sieve the fruit and then whisk with the remaining ingredients,

ensuring there are no 'bits' remaining.

5. Sunrise smoothie

514 Kcals, 21g protein

300mls full fat milk
175 mls orange juice
2 tablespoons Greek yoghurt
1 large banana
2 teaspoons brown sugar
2 tablespoons skimmed milk powder

Mix the skimmed milk powder in with a little milk to make a paste, then add the rest of the milk. Place all the ingredients into a liquidiser and blend until smooth.

Alternatively, sieve the fruit and then whisk with the remaining ingredients, ensuring there are no 'bits' remaining.

6. Raspberry Refresher

341 Kcals, 23g protein

100mls fortified full fat milk
2 teaspoons honey
Thick and creamy raspberry yoghurt

Uses 4 tablespoons of skimmed milk powder

Mix all the ingredients together, stir until smooth. Serve chilled.

7. Apricot Flip

475 Kcals, 16g protein

14 oz tinned apricots in syrup
1 full fat apricot yoghurt
2 teaspoons clear honey
Juice from 2 oranges
2 tablespoons skimmed milk powder

Purée the apricots in a liquidiser until completely smooth. Mix the skimmed milk powder into the yoghurt. Add the fortified yoghurt, honey and orange juice. Ensure the ingredients are well combined.

8. Black Forest Cherry Drink

562 Kcals, 33g protein

200mls fortified full fat milk
3 tablespoons ice cream
1 full fat cherry yoghurt (with no bits if able)
2 tablespoons cocoa powder
1 teaspoon sugar

Uses 2 tablespoons of skimmed milk powder

Place all the ingredients into a liquidiser and blend until smooth.

Alternatively, whisk with the remaining ingredients, ensuring there are no 'bits' remaining.

9. Sweet Lassi

150mls full fat Greek yoghurt
50mls fortified full fat milk
1 tablespoon double cream
2 tablespoons sugar/honey
Fruit of your choice

450 Kcals, 16g protein

Uses 2 tablespoons of skimmed milk powder

Stir together and serve, you may need to use a whisk to ensure there are no 'bits' remaining.

10. Iced Coffee

100mls strong instant coffee, chilled
100mls full fat milk
2 tablespoons single cream
1 teaspoon sugar (to taste)
2 tablespoons chocolate/coffee ice cream
2 teaspoons grated chocolate
2 tablespoons skimmed milk powder

430 Kcals, 17g protein

Make up some strong instant coffee, allow to cool then chill. Place a little ice in a tall glass. Pour in the chilled coffee until half full. Mix the skimmed milk powder into a small amount of milk to make a smooth paste, then add the rest of the milk. Add cream and sweeten to taste. Top with ice cream and grated chocolate.

11. Mocha Floater

200 mls fortified full fat milk
1 tablespoon drinking chocolate
1 teaspoon instant coffee
Cinnamon (to taste)
1 teaspoon sugar

370 Kcals, 22g protein

Heat the milk and stir in 1 tablespoon of instant coffee, cinnamon and sugar. Serve hot with chocolate sprinkles.

12. Chocolate peanut shake

200mls fortified full fat milk
1 tablespoon of smooth peanut butter
50g chocolate bar
2 tablespoons double cream
2 tablespoons ice cream

762 Kcals, 23g protein

Uses 2 tablespoons of skimmed milk powder

Mix the cream, peanut butter and fortified milk over a low heat. Finely chop the chocolate and add to the mix.

Continue to stir until the chocolate and peanut butter have completely melted. Once mixed through, take off the heat and pour into a glass.

13. Malt honey milkshake

415 Kcals, 16g protein

200mls fortified full fat milk
1 tablespoon honey
1 scoop ice cream
1 teaspoon malted milk powder (Horlicks, Ovaltine etc.)

Blend until smooth.

14. Orange and mango cooler

302 Kcals, 11g protein

100mls fortified orange and mango juice
(you can try a range of flavours for variety)
100mls lemonade
1 scoop vanilla ice cream

Uses 2 tablespoons of skimmed milk powder

Make up the fortified juice by adding 2 tablespoons of skimmed milk powder to 50mls juice to make a paste. Add in the remaining juice. Add in ice cream and lemonade. Stir and served chilled.

Note: if you have been told to avoid fizzy drinks, make sure you use flat lemonade.

15. Banana and peanut butter smoothie

272 Kcals, 8g protein

5g sachet dried egg white powder
(dissolve in 6 teaspoons water)
1 banana
1 tablespoon smooth peanut butter
1 tablespoon honey
60mls water

Make up the egg white mixture. Set aside.
Blend all the other ingredients together until smooth.
Add the egg white mixture. Stir and serve chilled

16. Nourishing soups

330 Kcals, 18g protein

1 sachet instant soup
200mls fortified full fat milk heated
2 tablespoons double cream

Uses 2 tablespoons of skimmed milk powder

Menu Plan

Breakfast	
Mid-morning snack	
Lunch	
Afternoon snack	
Dinner	
Evening snack	

Additional Notes

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