



# A guide to...

## High energy and protein liquid diet sheet Patient Information

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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 in.

### **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 2 pints of full fat milk a day in drinks.

### **Fortified milk**

Add 2-4 tablespoons of full fat dried milk powder to 1 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, Complian, 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

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

**560Kcals, 23g protein**

### Milkshake 2

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

**545Kcals, 32g protein**

### Milkshake 3

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

**660Kcals, 34g protein**

### ***Milkshake 4 - low volume***

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

**489Kcals, 18g protein**

Uses 2 tablespoons of  
skimmed milk powder

## Fortified juices

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

**150Kcals, 5g protein**

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**

**567Kcals, 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**

**514Kcals, 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**

**430Kcals, 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**

**590Kcals, 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**

**514Kcals, 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**

**341Kcals, 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**

**475Kcals, 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**

**562Kcals, 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

**450Kcals, 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

**430Kcals, 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

**370Kcals, 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

**762Kcals, 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**

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

**415Kcals, 16g protein**

Blend until smooth.

### **14. Orange and mango cooler**

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

**302Kcals, 11g protein**

**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**

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

**272Kcals, 8g protein**

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**

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

**330 Kcals, 18g protein**

**Uses 2 tablespoons of skimmed milk powder**

Stir together and serve.



## Menu Plan

Breakfast	
Mid-morning snack	
Lunch	
Afternoon snack	
Dinner	
Evening snack	

## Additional Notes