# Nourishing fluids

**Summary points to remember**

* High energy, high protein fluids can provide extra nutrition when you are sick or do not feel like eating
* Nourishing drinks should be prioritised over water or tea and coffee to prevent weight loss

This document should not replace the advice of your relevant health care professional.

## What is a nourishing fluid?

A nourishing fluid is a drink that provides extra energy and protein to help stop unplanned weight loss or help weight gain.

For example, nourishing fluids may be recommended to increase nutrition or when you are not eating enough food.

Have nourishing drinks in between meals. Nourishing drinks should not replace meals

## Nourishing fluid recipes

### High protein milk

### For a glass:

* 1 tablespoon (15g) skim milk powder
* 150 ml milk

### For a jug\*:

* 5 tablespoon (75g) skim milk powder
* 750 ml milk

High protein milk is great to use on cereal, in tea, coffee, Milo, for making custards, mashed potato,

soups and sauces.

**Sustagen Hospital Formula**, **Ensure** and **Advital** are supplements that are high in energy and protein and have extra vitamins and minerals. They can be bought as powders and used to make nourishing milkshakes or smoothies.

### Nourishing milkshake

* 150ml milk
* Add recommended servicing of powder as advised on tin (for example 3 tablespoons or 60g of Sustagen)
* ½ scoop (25g) of ice-cream or yoghurt

Mix together in glass or blender. For a smoothie, add ½ cup of fruit. 1

## Dairy-free options

A nourishing drink can be made with dairy-free alternatives and protein supplements for people who do not eat dairy or animal products.

### Non-dairy nourishing drink

* 150ml dairy-free milk
* Add recommended serving of dairy-free protein powder, as advised on tin

Optional: flavoured topping, coffee, cinnamon or vanilla essence, fresh or frozen fruit.

### Dairy-free milk options include:

* Soy milk (highest in protein)
* Almond milk
* Rice milk
* Coconut or oat milk

Note: store-bought almond, rice and coconut milks are often low in protein if you drink them without adding anything else.

### Dairy-free protein powders

* Soy protein
* Pea protein
* Rice protein
* Hemp protein

Note: the amount of protein in these powders can change a lot between brands. Your dietitian can help you find one that it best for you.



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