

Fresh And Tasty Drinks For Patients With, Or At Risk Of, Malnutrition



Supply Chain

High energy and high protein drinks are suitable for patients with, or at risk of, malnutrition. Most provide more than 200kcal and 4g protein per portion. Patients should aim to drink at least seven cups of fluid per day (1.5-2 litres), and this can include tea, coffee, water and squash as well as the drinks listed below. For patients with, or at risk of, malnutrition, offer them at least one of the drinks below per day. If you are at all unsure, contact your local dietitian to understand whether these drinks are suitable for your patient. The drinks below are a fresh and tasty, cost effective option for patients with poor appetites.

Order code	High energy / high protein drink	Portion size	Energy (kcal) per portion	Protein (g) per portion	Vegetarian /vegan	Allergens	IDDSI level
Chocolate: ABX358 (NHSSC) Strawberry: ABX356 (NHSSC) Vanilla: ABX360 (NHSSC) Semi skimmed milk: 06149 (Bidfood)	Meritene Energis (chocolate, strawberry, vanilla) made up with 200mls of semi-skimmed milk as per the instructions	200mls	200	16	Vegetarian	Milk	2
Chicken: ABX372 (NHSSC) Vegetable: ABX371 (NHSSC)	Meritene energis soup (chicken, vegetable) made with water as per the instructions	150mls	207	7	Vegetarian	Milk	2
Vanilla: ABX378 (NHSSC) Chocolate: ABX379 (NHSSC) Strawberry: ABX381 (NHSSC) Banana: ABX383 (NHSSC)	Complan (vanilla, chocolate, strawberry, banana) made with water as per the instructions	200mls	243 (average)	8.5 (average)	Vegetarian	Milk	2
Chicken: ABX382 (NHSSC)	Complan chicken soup made with water as per the instructions	200mls	243	8.7	Vegetarian	Milk	2
Alpro Sweetened soya milk: 60220 (Bidfood) Nesquik Strawberry: 27457 (Bidfood) Nesquik Banana: 27454 (Bidfood) Nesquik Chocolate: 27455(Bidfood)	Soya milk mixed with 2 tablespoons of Nesquik	200mls	65	4.3	Vegetarian, Vegan	Soya bean	1
Semi-skimmed milk: 06149 (Bidfood) Nesquik (any flavour as above)	Semi-skimmed milk warmed up with two tablespoons of Nesquik powder	200mls	123	8	Vegetarian	Milk	1

Reference: British Dietetic Association (2019) The Nutrition and Hydration Digest 2nd Edition

Note: all products are also available from other suppliers

