



High energy high protein drinks.

Making every mouthful count

Sometimes, eating food when we feel unwell can be hard. High protein and energy drinks can be useful if you have lost weight without trying, have a poor appetite or find it hard to eat enough. They can help build your strength back up and help you recover if you have been unwell.

These drinks offer more nutrition than just water and can help to top up your protein and energy.

Drinks high in protein

Try to include at least one drink high in protein in between every meal. These include:

- milk
- drinks made with fortified milk (recipe below)
- milk coffees such as latte, flat white, cappuccino
- milkshake, iced chocolate, iced coffee
- protein powders or pre-made protein drinks (eg Sustagen[®] or Up&Go[™])
- smoothies made with milk and yoghurt
- soups with beans, lentils, or meat.

Drinks high in energy

Add any of these drinks to top up your energy:

- fruit juice
- cordial
- tea and coffee with sugar or honey
- soft drinks such as lemonade.





Fortified milk

Fortified milk is milk that is made stronger by adding extra protein and minerals. The cheapest way to fortify milk is to mix in milk powder (also known as powdered milk). You can buy this in most supermarkets near the long-life milk. You can:

- use fortified milk instead of regular milk
- try adding it to cereal, tea and coffee, milkshakes, soups, mashed potatoes, sauces and desserts
- use it hot or cold.

For even more energy and protein, you can use commercial energy and protein powders such as Sustagen® or Ensure® in place of milk powder in recipes.

Fortified milk recipe

Quantity	Ingredients	Method
One cup	Two tablespoons of milk powder. One cup of full cream milk.	Whisk ingredients together.
One litre	One cup of milk powder. One litre of full cream milk.	Whisk ingredients together.

Chocolate milk recipe

Serves one

Ingredients

- one cup of fortified milk
- one tablespoon of chocolate powder or chocolate flavouring
- two scoops of ice cream (vanilla or chocolate).

Method

1. Combine fortified milk, chocolate powder/flavouring and ice cream.
2. Blend or whisk together. Serve chilled.



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Visit the Department of Health website (www.health.gov.au) for more information.

