

Drinks – high energy drinks can boost calorie and protein intake

High energy drinks per 200ml (1 small mug)	Energy content calories (kcal)	Protein content (grams)
Complan*	371	15
Horlicks*	223	9
Ovaltine*	223	8
Full fat milk	130	7
Fortified milk**	175	11
Milkshake*	182	7
Hot chocolate*	249	9
Cocoa*	147	8
Milky coffee*	130	7
Fruit juice	88 – 102	0 – 0.5
Smoothie	115	0.5
Sugary fizzy drink	83	0
Sugary squash	52 - 90	0

* Made with full fat milk

** Fortify milk by adding 3 – 4 tablespoons skimmed milk powder to 1 pint full fat milk

Adapted from a document produced by Oxfordshire CCG Medicines Optimisation Team, originally written by Alison Smith, Prescribing Support Dietitian, Aylesbury Vale & Chiltern CCGs in July 2013

Produced by NHS Ipswich and East Suffolk CCG and West Suffolk CCG Medicines Management Teams. Version 1.1. August 2016 Review August 2018.