

Palliative Care



Nourishing Drinks

Nutrition Information for Patients

Nurse Maude

Canterbury DHB
District Health Board
Te Pōari Hauora o Waitaha

Some people find drinks are easier to manage than solids when they don't feel like eating much.

Drinking enough fluid is important for everyone but when you are unwell drinks are more important so you do not become dehydrated. Dehydration is a lack of fluid in the body. This may make you feel tired, irritable and thirsty or give you headaches. You can check your hydration by looking at the colour of your urine. It should be pale/ If it is a dark colour it could indicate you are not drinking enough.

The following information will give you some ideas of what to drink.

Types of Fluids

Clear fluids are lighter and may be easier to tolerate than other fluids, especially if you have been vomiting or are feeling queasy / sick in the stomach. Water is a clear fluid but there are many other choices listed below.

Savoury Clear Fluids	Sweet Clear Fluids
<p>Clear fat-free meat stock or broth (the water meat is boiled in)</p> <p>Strained vegetable stock or broth (water vegetables are cooked in)</p> <p>'Oxo' stock cube or Marmite, Vegemite, Promite dissolved in hot water</p>	<p>Fruit Juice (try diluting with water or try strained citrus juices)</p> <p>Vegetable juice eg, V8, carrot juice</p> <p>Cordials (concentrated syrup or powder)</p> <p>Sports drinks eg, 'Powerade'</p> <p>Flavoured waters eg, 'MiZone'</p> <p>Sparkling waters</p> <p>Fizzy soft drinks eg, Ginger beer/ Ginger ale , Lemonade</p> <p>Flavoured herbal tea (try hot or iced) eg, lemon/berry/mint</p> <p>Jelly</p> <p>Frozen Ice, Ice blocks</p>

Clear fluids are useful to keep you hydrated but some other fluids or milky type drinks are higher in energy and protein and therefore more nourishing.

Other Savoury Fluids	Other Sweet Fluids
<p>Soups: Plain, milky, creamy</p> <p>Pureed vegetables like potato, pumpkin, kumara, taro can be added to soups</p>	<p>Milk</p> <p>Flavoured milk drinks eg, 'Wave', 'Primo'</p> <p>Flavoured milk powders eg, 'Nesquick'</p> <p>Soy or Rice Milk</p> <p>Flavoured soy milk eg, 'Up&Go' Breakfast Drink</p> <p>Milk shakes, Smoothies (see recipes)</p> <p>Egg nog (see recipe)</p> <p>Fresh / frozen yoghurt</p> <p>Dairy food</p> <p>Bought, home-made or baked custard</p> <p>Ice-cream, 'snow freeze'</p> <p>Plain gelatine desserts</p> <p>Fruit nectars, thin fruit puree</p>

Drinks you can buy

For a change from the fluids you have to drink at home, you can try some of the large variety available in the supermarket or dairy for example, flavoured milk, juices, smoothies etc. Or you can also try the powdered supplement drinks.

Powdered Supplement Drinks

Complan, Sustagen and Vitaplan are some powdered supplement drinks that you can buy in a box at a supermarket.

They have vitamins and minerals added into them and some people find them useful when they are not eating well.

Mix it up with milk or water according to the directions on the packet. If you use milk it adds extra protein. There are a variety of flavours (or you can add your own to the vanilla flavour).

Recipes

Following are some recipes for drinks to make at home. This way the taste can be made just the way you like it. You will need a blender, kitchen whizz or liquidiser to mix all ingredients together until smooth. If not consumed straight away, drinks should be kept refrigerated, but discard after 24 hours.

Some people wonder what milk to use? Any milk you have in the fridge but, for maximum calories use full 'blue top' milk. Milk powder adds extra protein. Soy, rice and other milk alternatives could also be used.

Basic Milkshake (serves 1)

200ml milk

3 scoops ice-cream

3 Tablespoons skim milk powder

Flavouring as desired (e.g. milo, coffee, flavouring syrup, honey, vanilla essence) then blend all together and serve.

Peach Frothy (serves 2)

250ml milk

½ cup tinned/stewed peaches

2 tablespoons skim milk powder

2 scoops ice cream

Optional: 1 teaspoon lemon juice or ½ teaspoon vanilla essence

Blend together and serve straight away.

Alternative: ½ cup canned pineapple instead of peaches

Plantation Milkshake (serves 2)

4 tablespoons peanut butter

2 tablespoons sugar

½ teaspoon vanilla essence

Pinch of nutmeg

450ml milk

Place peanut butter and sugar in bowl mix together with 2 tablespoons of milk until smooth. Add remaining milk and beat until smooth. Add vanilla essence and serve with a sprinkle of nutmeg on top.

Apricot Lemon and Yoghurt Crush (serves 2)

1 x 425g can apricots halves

1 cup natural yoghurt

1 tablespoon honey

2 tablespoons wheatgerm (optional)

Crushed ice

Blend all ingredients together.

Yoghurt Fruit Juice (1 serving)

½ cup yoghurt (or 1 x 150ml pottle)

½ cup Fruit Juice

Mix together and serve.

Dairy Food Shake (serves 2)

1 pottle Dairy Food (eg Calci-Yum)

1 cup milk

1 scoop ice cream

Blend together and serve.

**This is a general guide only, not a complete resource on the subject.
If you have further questions, ask your health care professional.**

Nutrition Services

Christchurch Hospital, PO Box 4710, Christchurch,
Tel 03 364-0630, Fax 03 364-0636

This resource was written by Counties Palliative Nutrition
Resource Group for people with advanced disease

Review Date: August 2012