

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*	310	12.5
Horlicks*	235	9
Ovaltine*	230	8.5
Full Fat Milk	140	7
Fortified milk**	200	12.5
Milkshake*	200	7
Hot Chocolate*	180	7
Bournvita*	170	8.5
Cocoa*	168	7
Milky coffee*	140	5
Fruit juice	65 – 120	0
Smoothie	100	0.5
Sugary fizzy drink	85	0
Sugary squash	50 - 90	0

* Made with full fat milk

** Fortify milk by adding 3-4 tablespoons skimmed milk powder to 1 pint whole fat milk

1 carton Ensure Plus® 220ml contains 330kcal and 13.8g protein

1 carton Aymes Shake® (made with 200ml whole milk) contains 388kcal and 15.6g protein

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

Approved by APCO Nov 2015 Version 1.0