

Nutrition Shakes and Drinks

Drinks are an easy way to get extra nutrition. You can consume them with meals or between meals as a snack. Here are some recipes for drinks that have a lot of calories and protein in them. The nutrition data listed are estimates and may not be completely accurate. Please read all food labels if you are on a special diet (like a carbohydrate-counted diet).

Use a blender or a food processor to make these drinks. Some recipes may blend better if recipes are doubled. An immersion blender (hand blender) works great for small recipes.

* This symbol means that recipes would be appropriate for nectar thick dysphagia diets.

Basic Milkshake

- 1 cup ice cream
- $\frac{1}{4}$ cup whole milk
- Add flavors, fruit, or syrups as desired

(360 calories, 19 grams fat, 40 grams carbohydrate, 8 grams protein, 279 milligrams calcium. Up to 580 calories if using a rich ice cream)

Basic Smoothie Recipe *

Try it with bananas or berries.

- $\frac{3}{4}$ cup (6 ounces) flavored yogurt
- $\frac{1}{2}$ cup fresh fruit
- 2 tablespoons heavy cream
- Sweetener as needed (e.g. sugar, honey, stevia)

(310 calories, 17 grams fat, 33 grams carbohydrate, 10 grams protein, 305 milligrams calcium.)

Sunshine Smoothie (Low Fat) *

- 1 cup orange juice (look for the kind that is calcium-fortified)
- ½ cup frozen peaches
- ½ banana
- 1 package Carnation Breakfast Essentials® (vanilla or strawberry work well)

(330 calories, 0 grams fat, 77 grams carbohydrate, 8 grams protein, 270 milligrams (mg) calcium. If using calcium-fortified orange juice, this will provide 600 mg calcium!)

Banana Strawberry Smoothie

Great with other fruits as well.

- 1/3 cup sweetened condensed milk
- 1/3 cup evaporated milk
- 1/3 cup frozen strawberries
- ¼ banana

(490 calories, 13 grams fat, 78 grams carbohydrate, 14 grams protein, 488 milligrams calcium.)

Basic Super Shake

- 1 cup ice cream
- ½ cup whole milk
- 1 package Carnation Breakfast Essentials® (vanilla or strawberry work well)

(480 calories, 18 grams fat, 64 grams carbohydrate, 13 grams protein, 556 milligrams calcium.)

Monkey Shake *

- 1 banana
- 2 tablespoons peanut butter
- 2 tablespoons chocolate syrup
- ½ cup whole milk

(480 calories, 20 grams fat, 68 grams carbohydrate, 13 grams protein, 160 milligrams calcium.)

Creamy Avocado Shake

- ½ avocado
- 2 tablespoons honey
- ½ cup canned coconut milk
- ½ cup diced mango, frozen
- 1 tablespoon lime juice (optional)
- 4 or 5 ice cubes

(570 calories, 39 grams fat, 5 grams carbohydrate, 63 grams protein, 36 milligrams calcium.)

Lime in the Coconut

- ½ cup canned coconut milk
- 2 tablespoons lime juice
- 2 tablespoons sugar or honey
- ½ cup ice

(360 calories, 24 grams fat, 40 grams carbohydrate, 3 grams protein, 26 milligrams calcium.)

Drinks you can make without a blender

You can mix these ingredients together with a spoon, kitchen whisk, or in a closed container that you can shake. You can also use a blender.

Orange Julius

If you have a blender, it's also great mixed with ice.

- ½ cup whole milk
- 2 tablespoons heavy cream
- ¼ cup frozen orange juice (or other juice) concentrate, thawed
- ½ teaspoon vanilla flavor or extract (optional)

(282 calories, 14 grams fat, 33 grams carbohydrate, 5 grams protein, 156 milligrams calcium.)

Extra Milk

- ½ cup whole milk
- ½ cup evaporated milk

(230 calories, 12 grams fat, 18 grams carbohydrate, 12 grams protein, 453 milligrams calcium.)

Creamy Milk

- ¾ cup whole milk
- ¼ cup heavy cream

(320 calories, 28 grams fat, 10 grams carbohydrate, 7 grams protein, 245 milligrams calcium.)

Homemade Eggnog

- ½ cup whole milk
- ¼ cup heavy cream
- ¼ cup egg substitute
- 1 tablespoon sugar
- ½ teaspoon vanilla flavor/extract

(370 calories, 26 grams fat, 21 grams carbohydrate, 11 grams protein, 197 milligrams calcium.)

Fortified Milk

- 1 cup whole milk
- 2 tablespoons nonfat dry milk powder

(180 calories, 8 grams fat, 16 grams carbohydrate, 11 grams protein, 300 milligrams calcium.)

Carnation Breakfast Essentials®

- 1 cup whole milk
- 1 package Carnation Breakfast Essentials®, any flavor

(280 calories, 8 grams fat, 39 grams carbohydrate, 13 grams protein, 525 milligrams calcium.)

You can mix in 1 cup of any flavor of ice cream to add even more calories!

Nutritional Considerations

Allergy to cow's milk

- Soy milk
- Rice milk
- Almond milk
- Coconut milk

Adding calories

- Heavy cream
- Avocado
- Sugar or honey
- Evaporated milk
- Non-dairy creamers
- Ice cream
- Canned coconut milk
- Sweetened condensed milk
- Calorie powders like SolCarb® or Duocal® or liquids/gels like Benecalorie®

Adding protein

- Nonfat dry milk powder
- Peanut butter
- Pasteurized egg substitute
- Protein powders