

STORE BOUGHT NOURISHING DRINKS

Store bought nourishing drinks are an easy way to boost intake in people who have unintentionally lost weight or have a low appetite. There are many types available and when taken regularly can help improve intake. These should be taken between meals and not as a replacement. See examples below.

Product Name	Presentation & Flavours	Flavours	Nutritional Information Summary	Availability & Approximate Cost
Yazoo 	400ml bottle	Vanilla, Strawberry, Chocolate & Banana, Mint Chocolate, Chocolate Caramel	260kcal 13.2g protein Added vitamins and minerals	£1.00 Most major supermarkets
Weetabix on the Go 	250ml	Vanilla, Strawberry, Chocolate & Banana	210kcal 8.8g protein Added vitamins and minerals	85p- £1.30 Most major supermarkets
(Muller) Frijj 	400ml	Strawberry, Banana, Chocolate, Irish Coffee, Cookie Dough, Fudge Brownie	308kcal 14g protein Added vitamins and minerals	£1.00 Most major supermarkets
Fuel 10k 	330ml	Vanilla, Strawberry and Chocolate, Banana, Iced Coffee	218kcal 20g protein Added vitamins and minerals	£1.30 Most major supermarkets
ShakenUdder Milkshake 	330ml	Vanilla, Chocolate, Strawberry and Clotted cream	244kcal 12g protein Added vitamins and minerals	£1.35 Most major supermarkets
UFIT 	310ml	Latte, Vanilla, Chocolate, Strawberry	170kcal 25g protein Added vitamins and minerals	£1.80 Most major supermarkets