

High-energy drinks

For people having cancer treatment

Often people have difficulty meeting their nutrition needs during and after cancer treatment. This information sheet provides recipes for easy to prepare drinks that will help you get the nutrition you need.

These drinks can supplement meals, and you can have them in between meals. The recipes can be altered as you wish.

The drinks can be made up and kept in the fridge. You may prefer to pour small amounts into a glass frequently through the day or sit down and have a large glass two to three times during the day.

Apricot Lemon Crush

425 g can of apricot halves in natural fruit juice, 1 cup natural yogurt, juice of 1 lemon, 1 tablespoon honey, 2 tablespoons wheatgerm, crushed ice, 1 tablespoon Glucodin

Blend ingredients.

Banana Sustagen Drink

2 cups milk, 1 banana, 3 dessertspoons Sustagen powder, 1 dessertspoon skim milk powder, 1 dessertspoon Glucodin, crushed ice

Blend ingredients.

Fruit Mix

1 cup juice (use orange juice or other fruit juice combination), 1 banana, 1 scoop ice cream and/or cream, 1 dessertspoon Glucodin, crushed ice

Blend ingredients.

Fruit Shake

½ cup milk, 1 tablespoon cream, 1 scoop ice cream, serve stewed or fresh fruit,

1 tablespoon skim milk powder,
1 dessertspoon Glucodin, crushed ice

Blend ingredients.

Fruit Smoothie

1 cup milk, 1 banana or equivalent soft fruit, 1 tablespoon honey, 1 tablespoon wheatgerm (if desired), 1–2 scoops ice cream, crushed ice

Blend ingredients, sprinkle with cinnamon.

High Calorie Soup

55 mL cream soup, 55 mL milk, 1 tablespoon skim milk, 1 egg, 1 teaspoon Glucodin

Blend ingredients, heat slowly.

High Energy Cordial

1 tablespoon cordial, 1 teaspoon Glucodin, 1 cup water, crushed ice

Blend cordial and Glucodin till smooth, stir in water.

High Energy Juice

1 cup juice, 1 dessertspoon Glucodin

Blend Glucodin with a little juice until smooth. Stir in remaining juice.

You may also find it helpful to read our booklet *Nutrition and Exercise: For People with Cancer, Their Families and Friends*. Visit www.cancervic.org.au or call the Cancer Council Helpline **13 11 20** to ask about diet and cancer.

Reviewed by Annie Angle, cancer nurse (Dip. Oncology Nursing, Royal Marsden, London) November 2010.

Sponsored by

ExxonMobil  **Mobil**



1 Rathdowne Street
Carlton VIC 3053

Facsimile 9635 5270
cis@cancervic.org.au

www.cancervic.org.au