

## What are nutritional drinks?

Nutritional drinks are nutrient-dense and usually energy-rich products that are primarily intended as a supplement to ordinary food. They are generally recommended as a snack so that they affect main meals as little as possible. Many of the drinks are composed so that they can replace food and are called complete nutritional drinks. A nutritional drink usually contains 150 to 400 kcal per package and has a volume of 125 ml or 200 ml.

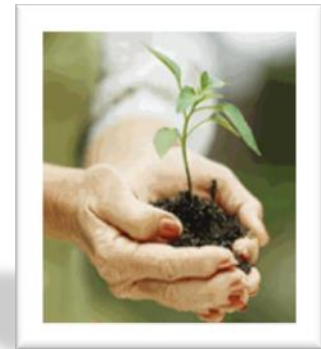
There are two main types of nutritional drinks: milky and clear. Both are available in a variety of flavours.

### Milky:

All consist of fat, carbohydrates and proteins, and a balanced amount of vitamins and minerals.

### Clear:

Look similar to cordials; they do not contain fat and so they are not complete in terms of nutrients.



## Shelf life and storage

The best-before date is specified on each package. An unopened nutritional drink can be kept at room temperature. Opened nutritional drinks can be kept for up to four hours at room temperature and up to one day in a refrigerator.

## Serving suggestions

- Shake before drinking.
- It is recommended to drink them cold. The nutritional drinks can be frozen and warmed, but not boiled.
- In the case of poor appetite, it is recommended to drink half a package at a time, poured into a small glass.
- If you are over-sensitive to the smell or feel nauseous, try drinking with a straw straight from the package.
- Nutritional drinks provide concentrated nutrition, so it might be a good idea to allow 5-10 minutes or longer to drink them.

# Pharmaceutical related products

Patient information Nutritional drinks

- If you are going to have nutritional drinks for several weeks or more, it may feel better to have several different flavours and alternate between them.