Your Guide To Making the Most of Your Food:

Advice for patients and carers.

If you have a poor appetite and / or are losing weight this leaflet will help you increase calories by making small changes to your current diet

Simple changes can make all the difference...

- Eat little and often of what you fancy
- Eat small and frequent nourishing snacks in between meals and at bedtime
- Choose 'full fat' and 'full sugar' products rather than 'diet', 'low fat' or 'healthy eating' varieties
- Try having drinks separately from meals, as these can fill you up
- Have a pudding once or twice a day as this is an easy way to add extra nourishment to the day
- Gentle exercise or getting some fresh air can help to stimulate your appetite
- Don't skip meals – if you can't manage a meal, have a milky drink instead, such as a milkshake or hot chocolate, plus a small snack
- Keep ready to eat snacks close to you chair, bed or in your pocket

Nourishing snacks...

Sweet options

- Full fat yoghurts
- Chocolate, biscuits, cakes, pastries
- Milky puddings (rice pudding, custard mousse)
- Dried fruits
- Tea cakes, scones, malt loaf, crumpets spread with butter & jam
- Ice-cream

Savoury options

- Nuts/ Peanut butter
- Cheese & crackers
- Crisps
- Pork pie, sausage roll, scotch egg
- Slice of pizza or quiche
- Cheese on toast, beans on toast

Food boosting (Fortification)

Add extra calories to food by adding butter, cream, margarine or oil; Greek yogurt or crème- fraiche; full fat mayonnaise or salad cream; peanut, almond or other nut butters; sugar, honey, syrup or jam. (See overleaf for recipe ideas to boost your calorie intake)

What about healthy eating?

For someone at risk of malnutrition, healthy eating advice does not apply and is no longer the priority. Some of the suggestions for increasing dietary intake are high in fat and sugar which people can worry will harm their health however, it is important to remember that malnutrition is also a risk to your health. Also, this advice is often only required in the short term, once you are better nourished and no longer at risk of malnutrition then healthy eating can resume again.

Produced by Herefordshire and Worcestershire Health and Care NHS Trust and Wye Valley NHS Trust in partnership with: NHS Herefordshire and Worcestershire Clinical Commissioning Group

Food Boosting (Fortification)

Enriching your Food/Adding Extra Calories and Protein

Boost the nutritional content of your food without increasing the quantity or size of your meals. By fortifying your diet you can help prevent weight loss and encourage weight gain

	Adapting the recipe		Energy Kcals (calories)	
Food item	**1 portion**		**Before**	**After**
Milk	1 pint	Add 4 heaped tablespoons of dried skimmed milk powder to 1 pint whole milk	365	570
Custard	1 ladle (125ml)	Add 1 heaped tablespoon dried skimmed milk powder & 2 tablespoons double cream to custard made with whole milk	140	325
Soup	1 ladle (125ml)	Add 1 heaped tablespoon dried skimmed milk powder & 2 tablespoons double cream. You could also add grated cheese	80	265
Porridge	1 ladle (125ml)	Add 1 heaped tablespoon dried skimmed milk powder & 2 tablespoons double cream to porridge made with full cream milk	170	355
Mashed potato	1 scoop	Add an extra 1 heaped teaspoon of margarine/butter and 1 tablespoon of double cream to mashed potato. You could also add grated cheese	70	190
Vegetables	2 tablespoons	Add 1 heaped teaspoon of margarine/butter. Allow to melt	15	65
Ice cream	1 small scoop	Pour 2 tablespoons of double cream over the ice cream	115	255
Breakfast cereal	Small serving (25g)	Use fortified milk with 2 tablespoons double cream and 2 teaspoons sugar	200	430

Everyday foods you can add to meals or drinks to increase their calories:

For an extra 50 – 100 calories:

- Add two teaspoons of jam , sugar or honey to porridge, breakfast cereals or puddings
- Add a tablespoon of double cream to a hot drink or over a pudding
- Add a tablespoon of green pesto to pasta or mash
- Stir in a tablespoon of clotted cream to a dessert
- Sprinkle dried fruit, nuts or chocolate chips over breakfast cereal or porridge

For an extra 100 – 150 calories:

- Melt grated cheese (a small match box size) into soup
- Stir in tablespoon of oil/butter/margarine to mash or other foods
- Mix a tablespoon of desiccated coconut into porridge or a yoghurt
- Mix in a tablespoon of mayonnaise to mashed potatoes or with eggs
- Blend a tablespoon of peanut butter or chocolate spread to a milkshake, or spread on biscuits

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