

Eat Well Keep Well

This leaflet has been produced for patients who have a poor appetite and/or have lost weight unintentionally.

The following ideas will help you increase the amount of energy and protein in your food and drinks.

How can I increase the calories and protein in my food?

- Always use **full fat** products e.g. milk, cheese, yoghurt, butter and margarine
- Add grated cheese to soups, sauces, mashed potatoes, sprinkle over vegetables or cooked meat
- Spread butter/margarine thickly on bread/crackers/teacakes/crumpets
- Add extra butter/margarine to vegetables, mashed potato, bread or crackers
- Add mayonnaise or salad cream to sandwiches
- Fry instead of using the grill
- Add jam, syrup or honey to porridge or milk puddings
- Add cream or milk to mashed potato, soups, white sauces and any sweet dishes
- Peanut butter and chocolate spread added to bread/crackers/teacakes can also add extra calories

Nourishing Drinks

1 Pint Fortified Milk - (600 calories, 40g protein)

Whisk 4 tablespoons of skimmed milk powder (e.g. supermarket own brand or Marvel) into 1 pint of full cream milk.

This can then be used in **ALL** drinks (coffee, hot chocolate, milkshakes), cereal, in cooking, sauces, puddings & custards.

Add in extra calories with:

- Sugar, honey, cream and grated chocolate in hot drinks.
- Ice-cream, yoghurts and fruit in smoothies or milkshakes

Over the counter supplement drinks

Complan and Meritene are available in a variety of flavours and can be purchased from most chemists and supermarkets. These provide a source of calories, protein, vitamins and minerals.



What if I don't feel like eating?

The following advice "Eating little and Often" may help if you have a poor appetite.

- Try small frequent meals and snacks such as something to eat or drink every few hours
- Try using a smaller plate when having a main meal
- Make use of convenience foods if you get tired easily when preparing meals e.g. frozen or microwave ready meals
- Avoid drinking with food or just before meals. Liquids, especially fizzy drinks can fill you up
- Make the most of the times when your appetite is at its best
- Treat yourself to your favourite foods
- Avoid cooking smells if it puts you off your food or reduces your appetite

Snack ideas

Thick & creamy yoghurt	Bowl of your favourite sweets
Chocolate	Vanilla slice
Glass of whole milk & digestive biscuits	Slice of toast with butter & jam, chocolate spread or peanut butter
Fruited teacake, hot cross bun, Scotch pancake or crumpet with butter	Crackers or oat cakes with butter & cheese
Rice pudding or custard	Danish pastry
Fig rolls	Scotch egg or sausage roll
Fried egg bread/toast	Bowl of cereal with full cream milk
Crisps	Unsalted peanuts
Slice of cake with cream or custard	Cheesecake
Ice cream	Chocolate mousse

