

# Dietary advice to help improve nutritional intake

## Nutrition & Dietetics Patient information

### How to make every bite count – information for patients at risk of malnutrition

#### Introduction

During your recent appointment with a health care professional you were asked about your appetite and if you had lost any weight recently. You may have had your weight and height recorded.

This information identified you as being 'at risk' of becoming malnourished. It is important to maintain your weight and prevent any further weight loss to reduce further health problems and to keep you as well as possible. To do this it is important to eat nourishing foods; high in energy and protein.

This leaflet gives you ideas on how to make small changes to help you eat a more nourishing diet and prevent any further weight loss. The following suggestions may help and should be followed until your healthcare professional is happy with your weight.

#### How to eat a nourishing diet

##### You should try to:

- Eat 3 small meals each day as well as mid-morning, mid-afternoon and supper time snacks or eat small amounts every 2 – 3 hours.
- Choose high calorie items such as, full cream milk, puddings, pastries, pies, sweets, chocolate, biscuits, nuts, tea cakes, crumpets, scones, crisps, cakes, cooked breakfast and meals with creamy and/or cheesy sauces.
- Avoid 'low fat' or 'diet' products.

- Have at least 1 pudding per day.
- Choose 2 good protein sources each day, such as: meat, fish, chicken, eggs, cheese, nuts, yogurt or beans and pulses.
- Have 1 pint of full cream milk each day.
- Drink 6 – 8 glasses of fluid each day (tea, coffee, fruit juice, milky drinks). Sip on these throughout the day and take drinks after your meals, to avoid filling up on them.
- Fortify your milk (add 4 tablespoons of dried milk powder to 1 pint of full cream milk).

#### If you have a small appetite

##### You should:

- Try to eat 'little and often'.
- Try to choose foods you fancy.
- Try convenience foods or ready meals if you are finding cooking difficult or tiring. It may also be a good idea to freeze smaller portions of home cooked meals for convenience.
- Do not try to eat large amounts and over-face yourself.

#### If you have diabetes

If you have diabetes, sugary items should be avoided. You should choose higher fat foods in order to maintain your weight. A high fat diet is suitable in the short term for those with high cholesterol, as it is more important that you are not losing weight.

## Choose nourishing snacks

- Scone, crumpet, muffin or toasted teacake with butter and jam
- Cheese or peanut butter on toast
- Crackers with butter and cheese or patè
- Bacon sandwich
- Thick and creamy yogurts or mousse
- Cake bar or muffin
- Sausage roll, samosas, pakora, spring rolls or pork pie
- Crisps
- Pot of custard or rice pudding
- Pot of trifle or individual cheesecake
- Flapjack, biscuits, chocolate bar or cereal bar
- Malt loaf with butter.

## Quick meal ideas

- Jacket potato with butter, beans and cheese
- Sausage, mash and beans (add butter and cheese to mashed potato)
- Cheese, scrambled egg, beans or spaghetti on well-buttered toast
- Omelette with cheese and ham
- Try tinned, oven ready or microwave meals for convenience (avoid diet brands)
- Sausage roll, corned beef slice, pasty, pork pie, spring roll, samosa or bhaji
- Oven chips or potato waffle with beans and cheese.

## Dessert ideas

- Instant desserts: instant whip or custard made with fortified milk
- Tinned: milk pudding, custard, fruit in syrup, sponge puddings
- Frozen: cakes, gateaux, ice cream, ice-lollies, choc-ices, ready to bake puddings
- From the fridge: thick and creamy yogurt, cheesecake, mousses, trifles
- Homemade: crumbles, bread and butter pudding, fruit pies, milk puddings, scones, cakes, halva, kheer and kulfi.

## Choose nourishing drinks

These recipes provide a similar amount of calories as supplement drinks that are available to buy or get on prescription.

### Cup-a-soup

#### Ingredients:

200ml of full cream milk  
2 heaped teaspoons of milk powder  
1 packet of cup-a-soup

**Method:** Mix together milk, milk powder and cup-a-soup. Heat until simmering in a saucepan or microwave.

#### Nutritional value (approx):

250kcal per cup

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### Milkshake

#### Ingredients:

200ml (1/3 pint) full cream milk  
2 heaped teaspoons of milk powder  
Add milkshake syrup or powder to taste

**Method:** Whisk milk and milk powder together, add milkshake syrup or powder.

#### Nutritional value (approx):

230kcal per cup

#### Variations:

Add 1 scoop of ice cream (extra 115kcal)  
Add 1 tablespoon of single or double cream (extra 60/149kcal)

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### Milky coffee

#### Ingredients:

150ml (1/4 pint) full cream milk  
1 heaped teaspoon of milk powder  
4 tablespoons of single cream  
1 teaspoon of coffee powder

**Method:** Mix together milk, milk powder and cream. Heat until simmering in a saucepan or microwave. Remove from heat and add coffee powder.

#### Nutritional value (approx):

240kcal per cup

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## Smoothie

### Ingredients:

100ml full cream milk  
100ml fruit juice (orange/ cranberry/  
pineapple)  
1 heaped tablespoon of milk powder  
1 scoop of ice cream  
Fruit, for example, 1 banana, 3 tablespoons  
of berries or 3 pineapple rings

**Method:** Blend all the ingredients in a  
liquidiser for 10 - 15 seconds. Serve chilled.

### Nutritional value (approx):

390kcal (depending on fruit used)

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## Hot chocolate/malted milk drinks

### Ingredients:

150ml (1/4 pint) full cream milk  
1 heaped teaspoon of milk powder  
4 tablespoons of single cream  
3 heaped teaspoons of hot chocolate,  
Horlicks or Ovaltine powder

**Method:** Whisk and heat all ingredients  
together until simmering in a saucepan or  
microwave.

### Nutritional value (approx):

290kcal per cup

### Variations:

Top with squirty cream and a chocolate flake  
or marshmallows (extra 50kcal)

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## Yogurt drink

### Ingredients:

150ml (1/4 pint) full cream milk  
1 pot of thick and creamy fruit yogurt  
1 level tablespoon of milk powder

**Method:** Blend all ingredients in a liquidiser  
for 10 -15 seconds. Serve chilled.

### Nutritional value (approx):

270kcal per cup

### Variations:

Top with squirty cream (extra 30kcal)

You can purchase 'Complan' or other similar  
high energy "milkshake" products and soups  
from the local supermarket or pharmacy  
(chemist) if you are unable to make the  
nourishing drinks.

## Try adding extra calories to food

Fats and sugars are high in energy and can  
be added to foods to increase calories.

This is what you can do to your normal  
menu to make it higher in energy:

### Sample menu

#### Breakfast:

Cereal - use full cream milk or fortified  
milk and add 2 teaspoons of sugar

Toast - spread butter thickly and add  
jam, marmalade, honey or syrup

**Have a mid morning snack**  
(see suggestions page 2)

#### Lunch:

Soup - choose 'cream of soups' and add  
butter, cheese, cream or crème fraiche

Bread bun or pitta bread

Yogurt - choose thick and creamy  
yogurt

**Have a mid afternoon snack**  
(see suggestions page 2)

#### Evening meal:

Roast chicken, potatoes and vegetables  
- add butter, full cream milk, cream or  
cheese to mashed potato, have  
vegetables with butter or in cheesy  
sauces

Curry, rice and naan bread - add  
coconut milk to the curry

Dessert - try stewed fruit with ice  
cream, cream, custard or milky  
puddings

#### Supper:

(see suggestions)

Hot chocolate – (see nourishing drink  
recipes pages 2-3)

## What if I cannot make my own meals?

Some companies will deliver frozen foods to your door:

### **Wiltshire Farm Foods**

147 Stockton Street  
Middlesbrough  
TS2 1BU

**Telephone: 01642 643999**

Monday – Friday  
9am – 5pm

### **Oakhouse Foods**

Unit 21/22 Riverside Park  
Middlesbrough  
TS2 1RP

**Telephone: 01642 221112**

Monday – Friday  
9am – 5pm

### **Royal Voluntary Service**

18 Brentnall Street  
Middlesbrough  
TS1 5AP

**Telephone: 01642 222643**

Monday – Friday  
9am – 2.30pm

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## Comments, compliments, concerns or complaints

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However we do appreciate that there may be an occasion where you, or your family, feel dissatisfied with the standard of service you receive. Please do not hesitate to tell us about your concerns as this helps us to learn from your experience and to improve services for future patients.

## Patient Advice and Liaison Service (PALS)

This service aims to advise and support patients, families and carers and help sort out problems quickly on your behalf.

This service is available, and based, at The James Cook University Hospital but also covers the Friarage Hospital in Northallerton, our community hospitals and community health services. Please ask a member of staff for further information.

If you require this information in a different format please contact  
Freephone 0800 0282451

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