

## General Advice and Tips

- Aim for 3 small meals and 3 snacks per day
- Use 1 pint of full cream milk daily
- Include a pudding daily
- Buy in foods that you enjoy
- Ask for assistance with cooking where possible
- Share cooking and eating at mealtimes with family and friends if possible
- Try using a company that delivers meals directly to your door or do your shopping online
- Include some fruit and vegetables e.g. fresh, tinned fruit or frozen
- Keep a store cupboard with food such as soups, instant puddings and tinned fruits.

## Weight Record

Date	Weight

If you continue to have problems eating or drinking please contact your GP or Health Professional

Contact Name and Telephone No:

Leaflet Prepared by NHS GGC Registered Dietitians

# Eating To Feel Better

## Nourishing Food Advice - Improving Nutrition

It can be worrying if you go off your food or start to lose weight. This leaflet gives you ideas on how to improve your food intake by making some changes to what you eat and drink.

This can make you feel better and prevent further weight loss.

### Remember:

**Not eating can make your appetite worse**

You may find it easier to gain extra nourishment and calories, by eating smaller amounts more often; you do not need to eat full meals. You can also add extra nourishment into meals and snacks by adding foods such as butter, cheese, cream and sauces.

**If you continue to have problems eating or drinking, contact your G.P. or Health Professional**



## Ideas for Improving Food and Fluid Intake

1. It is not advised to take the high sugar foods marked with \* regularly if you have diabetes.
2. If you have been advised to follow a Modified Texture Diet or Thickened Fluids, continue to take the correct consistency when fortifying foods and drinks (use thickeners as advised)

### Suggested Food and Drink Ideas

#### Breakfast

- Porridge or cereal like cornflakes or Weetabix with full-fat milk and added sugar\*, honey\* or golden syrup\*
- Toast with butter/spread and jam\*, marmalade\*, peanut butter, chocolate spread\*, scrambled egg or spreading cheese
- Full fat yogurts, try adding fresh or stewed fruits
- Pancakes or pastries, with added jam\* and butter

#### Main or cooked meals

- Casseroles or stews, made using meats or beans with potatoes and vegetables
- Spaghetti Bolognese or lasagne with added grated cheese
- Cauliflower or macaroni cheese or canned ravioli
- 'Boil in the Bag', frozen or oven ready fish with sauce, vegetables and waffles or creamed potatoes
- Jacket potatoes – various toppings. Add extra cheese, butter or mayonnaise

#### Small Meals

- Sandwich with cold meat, egg, cheese, bacon or tuna mayonnaise
- Sausage roll or pork pie with beans
- Toast with scrambled egg, cheese, canned spaghetti, baked beans, canned fish, peanut butter or pate
- Omelette or quiche

## Soups and Puddings

- Soup served with a buttered roll or sandwich, choose creamier varieties
- Canned fruit with cream or ice-cream
- Individual pots of custard, rice pudding, mousse or trifle
- Crème caramel, cheesecake or instant whips
- Cake or tart with custard or cream

#### Snacks

- Malt loaf/fruit bread/tea cakes with butter
- Scone with jam\* and butter, with milky drink
- Biscuits with butter and cheese, shortbread\* or chocolate biscuits\*
- Crisps or breadsticks with dips, peanuts or mixed nuts with raisins

#### Drinks

Aim for 6 to 8 cups per day. Drinks before meals can fill you up – drinking after meals is often best

- Soups or coffee (made with milk), Ovaltine or hot chocolate
- Complan or Meritene type drinks can be useful
- Choose fruit juice or diluting juice with added vitamin C
- Milkshakes (recipe below)

#### Homemade Milkshake (300kcal, 17g protein)

- 200ml (1/3 pint) full fat milk
- 20g (4-5 teaspoons) milkshake powder
- 30g (6 teaspoons) dried milk powder

Put milkshake powder and dried milk powder into a glass, adding milk gradually, stir well and serve.

