

Making the Most of What You Eat

If you need to gain weight or have a poor appetite, you may need to eat differently to make sure you are getting all the energy and protein your body needs.

Here are four ways that can help:

- 1. Eating a balanced diet** will help to provide the nutrients that your body needs.
Try to have a variety of foods every day, including some from each food group:

Protein foods - Meat, fish, chicken, well-cooked eggs, beans and pulses

Dairy products - Full cream milk, yoghurt and cheese

Starchy foods - Bread, breakfast cereals, rice, potatoes, pasta, noodles

Fruit and vegetables - Including, fresh, tinned stewed or frozen varieties

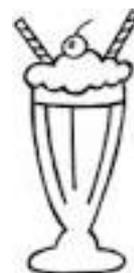
Foods containing sugar and fat - have more of these as they are good sources of energy

- 2. Aim to eat three meals a day and three snacks between meals.**

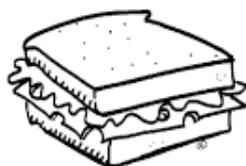
Try these nourishing snacks

Sweet snack ideas: (these could also be used as puddings)

- Toasted teacake or toast with butter and jam
- Small sandwiches with jam/ honey/chocolate spread
- Slice of cake/sweet biscuits/muesli style bar/doughnuts/pastries
- Crumpet/scone or Malt loaf with butter and cheese
- Milk pudding e.g. custard/rice pudding/crème caramel
- Bowl of cereal with fortified full cream milk (see over)
- Full fat, thick and creamy yoghurt or fromage frais/ice cream
- Instant deserts e.g. angel delight/supermarket own-brand
- Whipped cream topped desserts e.g. trifle, chocolate, caramel or strawberry desserts
- Fruit pie, crumble or tinned fruit with cream or custard
- Dried fruit with nuts (if not allergic) or yoghurt/chocolate covered dried fruit



Savoury snack ideas:



- Fortified soup (see page two) with bread and butter
- Avocado with full fat cream cheese/ unsalted nuts (if not allergic)
- Guacamole, taramasalata or houmous with bread, toast or pitta bread
- Small sandwiches with full fat cheese, egg, meat or fish or pâté
- Crackers or bread with meat or fish paste or pâté
- Crackers, cheese biscuits or cheesy bread sticks with slices or cubes of cheese, cheese spread or triangles
- Poached/ boiled/scrambled egg or baked beans on toast, with cheese

- 3. Have nourishing drinks between meals**

Aim to drink 8 cups or glasses or 6 mugs of fluid per day.

Try to have at least one milky drink per day

- Milky tea or coffee made with fortified full cream milk (see over)
- Malted drinks or hot chocolate made with fortified full cream milk
- Milkshakes or smoothies – bought or homemade
- Commercially-prepared drinks such as Complan, Meritene or Nurishment which are available in sweet, savoury or neutral flavours



4. Fortify your food to add extra energy (calories)

Fortifying your food ensures that it is more nourishing. Try adding one or more of the following in each dish, please choose the options that suit you best

Dishes to fortify:	Items to add:	
Full fat milk	Add 4 tablespoons of dried skimmed milk powder to 1 pint of full cream milk. Use this fortified milk to make up hot drinks, soups, sauces and instant desserts	
Breakfast cereals and porridge	Fortified full cream or Channel Island milk, evaporated milk, double cream, crème fraiche, smooth full fat or Greek yoghurt	Stewed, tinned, dried or fresh fruit, sugar, honey, jam or syrup
Mashed potato, pasta dishes and savoury sauces	Fortified full cream or Channel Island milk, evaporated milk, double cream, grated cheese, butter, ghee, margarine, olive oil, full fat or Greek style yoghurt	Hard boiled egg (avoid raw or undercooked egg), Mayonnaise, salad cream, crème fraiche
Vegetables	Grated cheese, butter, margarine, olive oil, evaporated milk, double cream, mayonnaise, salad cream	Peanut butter (if not allergic), savoury sauces, for example cheese or white sauce, full fat or Greek style yoghurt
 Soups	Fortified full cream or Channel Island milk, milk powder, grated cheese, full fat or Greek style yoghurt, crème fraiche	evaporated milk, double cream, fresh breadcrumbs, pasta, cooked meat or chicken, cooked or tinned beans or lentils
 Puddings	Full fat or Greek style yoghurt, crème fraiche, fromage frais fortified full cream or Channel Island milk, evaporated milk, cream, ice cream	Honey, jam, chocolate sauce or spread (eg Nutella), custard, stewed or tinned fruit, fruit smoothie as a sauce.

These tips may also be helpful:

- Nourishing drinks (see overleaf) can be as good as a meal and quick to prepare if you are feeling tired (although make sure that you have a good meal at some point during the day).
- Make the most of convenience foods such as tinned soups and puddings. Frozen, chilled or packet meals will save you having to prepare food.
- Cold foods can sometimes be more appetising. Try a sandwich or a chilled dessert.
- If there are times of the day when your appetite is better, take advantage of this. For example, have an extra slice of toast or a yoghurt at breakfast time, or make sure you have a pudding after a main meal.
- A small alcoholic drink before a meal can help to boost your appetite. Check with your doctor first if you are taking any medication.

Leaflet given out by: Contact number: Date: