

Patient information

Making the Most of What You Eat

Nutrition and Dietetics – Therapy Department

Dietitian

Hospital/Clinic

Telephone

Patient Name.....

This advice is for people who have lost weight or have lost interest in food and are not eating well.

This booklet contains information on foods which are high in protein and energy. It also gives ideas that may improve your appetite and suggests ways of making your meals and snacks more nutritious.

Ways to Increase Your Appetite

- Eat little and often: try two to three **snacks** daily as well as three small meals.
- Eat what you want, when you want and **treat yourself** to a favourite food more often.
- Take some **light exercise** such as walking or try to get some **fresh air** before mealtimes.
- If your appetite is over faced by large meals, try having your meals on a side plate- you can always go back for more!

Good Food Guide

Try to include the following: -

Starchy Foods (Carbohydrates)

- These include: bread, potato, rice, pasta, noodles, Cous Cous and cereals.
- Have at least one serving of starchy foods at each meal.

Protein

- Have at least two helpings from this group each day.
- Foods which contain the most protein are nuts, beans and pulses e.g. lentils, fish, red and white meat, eggs and dairy foods.
- Aim for 2 portions of MSC sustainably sourced fish per week one of which is oily e.g. salmon.

Fruit and Vegetables

- Eat some fruit and vegetables every day. Use fresh, tinned, frozen or dried fruit and vegetables.
- If you cannot manage fruit, have a glass of fruit juice each day.

Fluid

- Have at least six to eight cups of fluid each day.
- Milky drinks, fruit juices and soups are nutritious fluids.
- If taking soft drinks use full sugar drinks.
- Try taking drinks after meals, not with meals.

There are more ideas for “Nourishing Drinks” on the next page.

Ways to Enrich Food

Dairy foods are a valuable source of energy and protein.

Milk

- Try to use full fat milk (blue, silver or gold top). Aim to have a pint of milk each day.
- Adding dried milk powder to milk will increase the protein and energy content further. This is called fortified milk.
 - Add two to four tablespoons of dried milk powder to one pint of milk and use as normal – for example in tea, coffee, milky drinks, on cereal, in sauces and puddings.
- Add milk-based sauces (for example cheese sauce) to meals.
- Try to have milky puddings regularly, for example rice pudding, custard, ice cream.

Cheese

- Add to meals, for example add grated cheese to mashed or jacket potato, grate onto soup, beans and pasta, in omelette or scrambled egg.
- As a snack for example cheese and biscuits.
- Add cheese sauce to vegetables.

Butter/Margarine

- Put on vegetables and potatoes.
- Spread thickly on bread, toast, crumpets or teacakes, biscuits and crackers.

Cream

- Add cream to soups, mashed potato, milk puddings, cake, or pour over cereals and desserts.
- Add to hot drinks.

Other high energy foods include

Jam/Marmalade/nut butters/chocolate spread /Syrup/Honey

- Use full sugar options.
- Spread thickly on bread, toast and biscuits.
- Put on puddings, yoghurt or cereal.
- Add to hot drinks.

Nourishing Drinks

- Make up hot drinks with hot milk instead of water, e.g. coffee, cocoa, Ovaltine, Horlicks, or drinking chocolate.
- Drink fresh milk or fortified milk between meals.
- Liquidise or whisk ice cream with fresh (or fortified) milk.
- Liquidise soft fresh fruit or tinned fruit with milk, ice cream or juice.
- Dilute fruit yoghurt with fresh milk or fortified milk to make a yoghurt drink.
- Chemists and supermarkets sell enriched drinks such as Complan and Build-Up in sweet and savoury flavours. These are best taken in addition to your meals.

Snack and Meal Ideas

Meals

- If not able to cook, use chilled or frozen ready meals, which just need reheating in the oven or microwave (ensure cooking instructions are followed).
- Use tinned soup or puddings.
- Quick and easy meal ideas include jacket potatoes with various fillings, for example tinned tuna/salmon with mayonnaise, baked beans, cheese.
- Make meals with more than one high protein food, for example add tinned beans to stews, or have a ham and cheese omelette.
- Try adding olive oil or a dressing to salads.

Sandwiches and toast

- Filling suggestions: cold meat, bacon, tuna, salmon, hard-boiled egg, cheese or peanut butter, jam, houmous.
- Add pickles, relishes, salad cream or mayonnaise to increase energy content.
- Another option is a toasted sandwich – fillings could include cheese, meat, fish.
- Try toast with meats, pilchards, mackerel, beans, cheese, well-cooked eggs, tinned spaghetti.
- Try to have two high protein fillings e.g. cheese and beans, ham and cheese.

Snacks

Try to have a snack between each meal to increase your energy intake.

Ideas include:

- Cereal bar or bowl of cereal.
- Plain or digestive biscuits with butter, cheese, jam or marmalade.
- Chocolate biscuits or chocolate.
- Fruit loaf, fruit cake, with butter, cheese, jam or marmalade.
- Toasted crumpets or teacakes with butter, cheese, peanut butter or pate.
- Scone with butter, jam, cheese or cream.
- Crisps, popcorn, Bombay mix, nuts.

Desserts

- Add cream, jam, evaporated milk, ice cream or custard.
- Cheesecake or cream cakes.
- Yoghurt (especially rich and creamy), mousse or trifle.
- Individual pots of rice pudding, custard or trifle.

Small and Often Meal Plan Suggestions

Breakfast

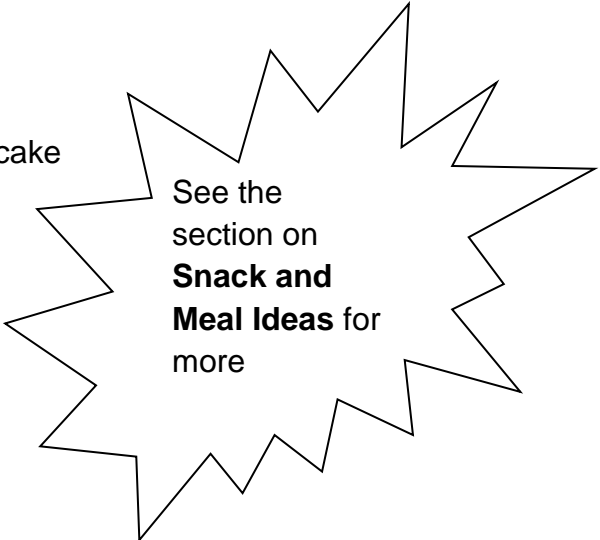
- Cooked breakfast items such as: egg, bacon, mushroom, sausage, tomato, and beans, black pudding
- Cereal with fortified milk or cream
- Toast with butter, jam or cheese

Mid-morning snack

- Milky drink and biscuits
- Snack of toast, crumpets, teacake, currant bun, cake
- Cereal with fortified milk or cream
- See snack section for more ideas

Lunch

- Soup, bread and butter
- Sandwiches or toasted sandwiches
- Cheese, beans or spaghetti on toast



See the
section on
**Snack and
Meal Ideas** for
more

Mid-afternoon snack

- Milky drink and biscuits
- Scone or crumpet with butter, jam, cheese
- Cheese and biscuits
- Cream cake
- Handful of dried fruit and nuts
- Crisps

Evening Meal

- Meat, fish, potato, rice or pasta and vegetables

Dessert

- Fruit or cake and custard
- Milk pudding
- Cheesecake
- Trifle

Supper

- Warm milky drink with a snack

What Will I Do?

1.

2.

3.

4.

5.

Feedback

Your feedback is important to us and helps us influence care in the future.

Following your discharge from hospital or attendance at your Outpatient appointment you will receive a text asking if you would recommend our service to others. Please take the time to text back, you will not be charged for the text and can opt out at any point. Your co-operation is greatly appreciated.

Further information

The Royal Liverpool Hospital dietitians

Tel: 0151 706 2120

Text phone number: 18001 0151 706 2120

Broadgreen Hospital dietitians

Tel: 0151 282 6473

Text phone number: 18001 0151 282 6473

Author: Therapies - Nutrition and Dietetic Service

Review Date: September 2023

All Trust approved information is available on request in alternative formats, including other languages, easy read, large print, audio, Braille, moon and electronically.

يمكن توفير جميع المعلومات المتعلقة بالمرضى الموافق عليهم من قبل ائتمان المستشفى عند الطلب بصيغ أخرى، بما في ذلك لغات أخرى وبطرق تسهل قراءتها وبالحروف الطباعية الكبيرة وبالصوت وبطريقة برايل للمكفوفين وبطريقة مون والكترونيا.

所有經信托基金批准的患者資訊均可以其它格式提供，包括其它語言、易讀閱讀軟件、大字體、音頻、盲文、穆恩體 (Moon) 盲文和電子格式，敬請索取。

در صورت تمایل میتوانید کلیه اطلاعات تصویب شده توسط اتحادیه در رابطه با بیماران را به اشکال مختلف در دسترس داشته باشید، از جمله به زبانهای دیگر، به زبان ساده، چاپ درشت، صوت، خط مخصوص کوران، مون و بصورت روی خطی موجود است.

زانباری پیوه‌نیدار به نه‌خوشانه‌ی له‌لایین تراسته‌وه پسه‌ند کراون، نه‌گه‌ر داوا بکریت له فوره‌ماته‌کانی تردا بریتی له زمانه‌کانی تر، نیزی رید (هاسان خوینده‌وه)، چاپی گه‌وره، شریتی ده‌نگ، هیلی موون و نه‌لیکترونیکی هه‌یه.

所有经信托基金批准的患者信息均可以其它格式提供，包括其它语言、易读阅读软件、大字体、音频、盲文、穆恩体 (Moon) 盲文和电子格式，敬请索取。

Dhammaan warbixinta bukaanleyda ee Ururka ee la oggol yahay waxaa marka la codsado lagu heli karaa nuskhado kale, sida luqado kale, akhris fudud, far waaweyn, dhegeysi, farta braille ee dadka indhaha la', Moon iyo nidaam eletaroonig ah.