

FOOD BOOSTERS

Due to illness or a poor appetite you may not be able to eat as much as you usually do. It is important to eat as nourishing a diet as possible during this time.

POOR APPETITE

- Eat little and often. Try 3 small meals a day as well as 2-3 snacks or milky drinks between meals.
- Tempt your taste buds by making food as attractive as possible. Use smaller plates and try not to over face yourself with portion sizes.
- Avoid drinking large amounts just before a meal as this can make you feel full. Instead sip fluids after you have eaten.
- Use full fat, full sugar products. Try products such as full cream milk, thick and creamy yoghurts, cakes, pastries, crisps, biscuits.
- If possible get outdoors for some fresh air before a meal.
- A small amount of alcohol may help to stimulate the appetite
- Meals and snacks can be enriched by:
 - Adding extra butter and margarine to potatoes, vegetables and sauces.
 - Adding cream to sauces, milky puddings, cereals and soup.
 - Adding cheese to soups, potatoes and vegetables.
 - Adding sugar, honey, syrup and jam to cereals and puddings.
 - Fortify 1 pint of full cream milk with 2-4 tablespoons of skimmed milk powder.
 - If meal preparation is a problem to try using ready made convenience foods.
 - Use standard brands of fizzy drinks and squashes unless you have diabetes.

SNACKS

Snacks can be beneficial in improving your nutritional intake. Keep snacks handy and ready to nibble.

Savoury Snack Ideas

Savoury snacks...

Pitta bread, chapatti, half naan bread, nachos, crisps, nuts, Bombay Mix, nuts & raisins, small tub of Pringles, digestive biscuits or crackers, pakora, bhaji, puri, samosa

...Try these with

Pate, meat paste, cream cheese, humus, guacamole, sour cream dips, thousand island, blue cheese, raita

Sandwiches...

...Try a 1-slice sandwich with butter or margarine with favourite fillings

Bread, Toast...

Scones, crumpets, pancakes, muffins, croissants, bagels, fruit bread, raisin loaf, chapatti

...Try these with butter, jam, cheese or favourite toppings

Sweet Snack Ideas

Cakes and all things nice...

Jam or egg tarts, slice of sponge, carrot or chocolate cake, doughnuts, muffins, cake slices, cake bars or favourite sweet biscuits

...Cream cakes too!

Vanillaslice, cheesecake, banoffee pie, chocolate éclair, meringues, whatever takes your fancy.

Puddings please...

Fruit crumbles and pies, bread and butter or suet puddings, milk pudding (tinned or home-made) e.g. rice, custard, semolina, sago (add jam/syrup), sponge puddings e.g. syrup, treacle, lemon or chocolate

...Try these with

Cream, condensed milk, Greek yoghurt, mascarpone cheese, ice cream, Tiptop etc.

Sweets and Desserts...

Yoghurts, ice cream, fruit corners and similar products, crème caramel, chocolate mousse, milk jellies, rich and creamy desserts and mousses.

Available in electronic format from:
www.elmmb.nhs.uk/guidelines

EXAMPLES OF HOW TO ENRICH YOUR FOOD

BREAKFAST

Fruit Juice
Porridge Scrambled or
boiled egg Bacon or
Sausage
Toast
Croissants or Bagels

- Use sweetened fruit juice
- Porridge made with full fat milk and sugar, syrup or jam
- Add full cream milk or butter/margarine to eggs
- Fry bacon or sausage
- Toast spread with butter/margarine and jam/marmalade
- Croissants spread with jam or cheese

LIGHT MEAL

Soup
Meat Pie, Quiche, Sandwiches
Scrambled Egg on Toast
Cheese on Toast
Tinned fruit in syrup

- **Soup** – Packet/condensed made with full fat enriched milk; or home-made with cream
- **Meat Pie, quiches, sandwiches, scrambled egg on toast** – Spread butter/margarine thickly
- **Fruit tinned in syrup** – Serve with evaporated milk, cream or custard

MAIN MEAL

Beef, Chicken, Lamb, Fish, Pulses
Potatoes
Rice
Chapatti
Vegetables
Sponge pudding

- **Fish/Meat** – Served with rich sauce or gravy. Add butter, cream, ghee, to dals and pulses such as rajma and chole
- **Potatoes** – Mashed with butter and milk or have chips
- **Rice** – choose pilau or biryani
- **Chapatti** – Made with oil. Add butter to serve.
- **Vegetables** – Add white or cheese sauces or butter or margarine
- **Sponge Pudding** – Served with cream or custard made with fortified milk

NOURISHING DRINKS

Try more milk based drinks such as milky coffee, malted milk, hot chocolate, cocoa or milkshakes

Enriched Milk

1 pint (500mls) full cream milk
2-4 tablespoons (30-60g) dried milk powder

Mix the milk powder into the milk with a fork or whisk

You can use this to make drinks (e.g. coffee, Horlicks, hot chocolate, Ovaltine etc.) milk puddings, on cereals or wherever you would normally use milk.

Banana Smoothie

½ pint (200mls) full fat milk
1 small (80g) ripe banana
1 scoop (60mls) ice cream
1 teaspoon of sugar

Mash banana. Liquidise and serve chilled

Honey Malt

½ pint (200mls) full cream milk
1 tablespoon (15g) clear honey
1 teaspoon (5g) malted milk powder e.g. Horlicks
1 scoop (60mls) ice cream

Place all ingredients in liquidiser and liquidise for 15 seconds

Super Shake

1 scoop (60mls) ice cream
½ pint (200mls) full cream milk
3 tablespoons (45mls) double cream
2 teaspoons (10g) milk shake flavouring e.g. Nesquik or Crusha
4 teaspoons (20g) milk powder

Place everything in the blender for 15 seconds. If you like a stronger flavour add more flavouring.

Yoghurt Drink

½ pint (300mls) plain yoghurt
¼ pint (150mls) full cream milk
Milk shake flavouring (if desired) e.g. Nesquik or Crusha

Fruity Float

½ glass (100mls) fresh fruit juice
½ glass (100mls) lemonade
1 tablespoon (15g) sugar
1 scoop (60mls) ice cream

Mix together or blend and serve chilled

Mango Shake

Approx. half tin sweetened mango pulp
1 pint full fat milk
3 tablespoons of natural yoghurt

Liquidise and serve chilled

Supplement Drinks

Build Up – in sweet, savoury and neutral flavours

Complan – in sweet, savoury and neutral flavours

Recovery – (Boots own brand) sweet flavours only

ADVICE FOR A SOFT DIET

Introduction

Sometimes for a variety of reasons, people may find a soft diet easier to manage than a normal diet and this leaflet will give you tips on how to do this.

If you have been struggling with your appetite or have had any unwanted weight loss, it is good to choose foods which are high in calories and to fortify your food with additional high calorie foods. Additionally, small frequent meals are often found easier to manage. Ask for leaflets explaining how to do this.

How to prepare foods

Continue with your favourite foods, but make changes that will soften them. To get a softer consistency:

- Ensure foods are well cooked and mashed using a fork, masher, food processor or hand blender
- Finely chop meat and vegetables or casserole or stew them.
- Foods like chops and steak may need to be liquidised.
- Add extra stock, gravy, sauce, milk or cream to help achieve the right consistency.

Meat or Poultry

All well-cooked, tinned or ready-cooked meats can be minced or finely chopped with sauce or gravy, e.g. shepherd's pie, spaghetti bolognaise.

Fish

Steam, bake, microwave boneless fish and serve with a sauce or milk.

Eggs

Scrambled, poached or omelette.

Extra butter, margarine or milk may be needed to make them softer.

Boiled eggs may be grated or mashed with butter or mayonnaise.

Cheese

Add grated cheese to mashed potatoes, sauces, soups (ensure it does not go stringy).

Potatoes

Serve mashed with milk, butter, margarine or grated cheese.

Pasta

Dishes such as macaroni cheese, spaghetti bolognaise, lasagne.

Vegetables

Fresh, frozen or tinned vegetables can be cooked until soft; mashed with butter, margarine or served with a tomato or white sauce.

continued overleaf



ADVICE FOR A SOFT DIET

Fruit

Fresh, frozen or tinned (in syrup) fruit can be mashed or stewed with added sugar. Remove any skin or seeds. Serve with custard, yogurt, ice cream, fromage frais, condensed or evaporated milk.

Puddings and Desserts

Homemade, tinned and packet puddings such as custard, rice pudding, sago, tapioca, sponge, ice cream, creamy yogurt, fromage frais, crème caramel, chocolate and fruit mousses.

Breakfast Cereal

Porridge made with milk (choose a fine oatmeal for a smoother texture). Cereals such as Weetabix, Cornflakes or Bran flakes need to be left to soak in milk or served with hot milk to make them soft.



ADVICE FOR NAUSEA

Feeling sick (nausea) often occurs as a result of your illness or as a side effect to your medication. It is important that you continue to try to eat. Keep meals small and frequent throughout the day. Initially try half of your normal portion. The following suggestions may help.

Feeling Sick:

- Eat cold foods to avoid smells putting you off.
- Use convenience foods/ready meals that only need heating up.
- Ensure lids are on when cooking or try to casserole or bake in the oven as this reduces smells
- Soups may be tolerated better from a beaker or lidded cup.
- If possible let someone else do the cooking.
- Try eating dry foods, such as toast or crackers.
- Try ginger biscuits.
- Sip a fizzy drink - lemonade, ginger ale or mineral water. Try sipping them slowly through a straw
- Avoid rich sauces, fatty or fried foods.
- Try frequent snacking and light foods rather than big meals.
- Try to eat at a table and remain in an upright position for at least 30 minutes after a meal.
- Take drinks in between meals, rather than with meals.
- A gentle short walk and some fresh air may help.

If you are sick

- Take frequent sips of fluids.
- Try cold, clear fluids such as squash or fruit juice and sip through a straw.
- Try to have drinks which contain calories rather than plain water.
- If your sickness persists consult with your doctor and anti-sickness medication maybe used.

Returning to full eating

- When your sickness settles try more nourishing drinks e.g. Horlicks, milkshakes etc.
- Then start with small frequent snacks and gradually build back to your normal meals.

ADVICE FOR CONSTIPATION

When your appetite is poor, you can miss out on the foods that help your bowels work normally. The suggestions in this leaflet will remind you of foods to choose and how much fluid you should drink. If you continue to be constipated tell your nurse or doctor as you may need some medication. Gentle exercise can also help keep your bowels moving.

Why is Fibre needed?

Fibre helps keep your bowels healthy and as it passes through the bowel it absorbs water that makes your stools softer and easier to pass.

Where is Fibre found?

Dietary fibre is part of the food we eat that is not digested. It comes from plant and cereal foods, such as fruit, vegetables, breakfast cereals and bread. Some people may call it "Roughage".

How much fluid should I try to drink?

As well as increasing fibre, it is essential to have plenty of fluid – any type will do. Try to aim for at least 8 cups of fluid per day.

How can I add Fibre to my diet?

Cereals

Choose whole wheat cereals e.g. porridge, Bran flakes, Shredded Wheat, Muesli, Weetabix, or try the "bite sized" cereals such as Fruitibix or Shreddies.

Bread, Crispbreads and Cereal Bars

Choose wholemeal, wholegrain, granary or high fibre white varieties.

Cakes and Snacks

Choose snacks, which include dried fruit, e.g. fruit cake or loaf, eccles cakes, mince pies etc. Choose biscuits such as digestives, oat biscuits, muesli bars, wholemeal crackers, Ryvita or oat cakes.

Dried Fruit and Nuts

Snacks of dried fruit are a good source of fibre eg. Prunes, sultanas, apricots, figs etc. If these are too dry, try stewing or soak in water or fruit juice for a short time to soften. Nuts are also a useful snack.

Peas, Beans, lentils etc

All pulses are a good source of fibre, add them to soups and stews. Try marrowfat peas or baked beans with meals.

Fruit and Vegetables

All kinds including fresh, frozen, dried or tinned. To make them easier to manage stew fruit, add sauces to vegetables e.g. cauliflower cheese.

Rice, Pasta, Potatoes

Try wholemeal or brown rice and pasta or potatoes cooked in their skins

ADVICE FOR A DRY SORE MOUTH AND TASTE CHANGES

If your mouth is dry :

- Ask your nurse or doctor to examine your mouth as the cause may be treatable.
- If your tongue is coated you could clean it using bicarbonate of soda solution: use 1 teaspoonful of bicarbonate of soda dissolved in a pint (450mls) of warm water. Clean your tongue with cotton wool dipped in the solution or with a soft toothbrush.
- Frequent small sips of drinks, even only a few sips at a time can greatly soothe the mouth, as it helps keep it moist. You may find fizzy drinks the most refreshing.
- Try sucking ice cubes or ice-lollies. Small home-made lollies can be easily made from milkshakes or fruit juice frozen in an ice cube tray.
- Try sucking sugar free sweets or chew sugar free gum regularly, after meals. Salivix boiled sweets (available on prescription and from the chemist) stimulate saliva production.
- Moisten foods with lots of sauce or gravy.
- Avoid chocolate and pastry, as they tend to stick to the roof of your mouth.
- Use lip balm and Vaseline for dry lips.
- Your doctor can also prescribe artificial saliva sprays or gels, mouthwashes or lozenges.

If your mouth is sore:

- Ask your nurse or doctor to examine your mouth as the cause may be treatable.
- If you wear dentures, soak them in a denture cleaning solution overnight and leave them out for as long as possible during the day to prevent chafing.
- Use a soft toothbrush to clean your teeth.
- Drink plenty of nourishing fluids. If you find fresh fruit juices sting your mouth try less acidic juices e.g. apple or peach juice.
- Pineapple chunks or melon slices can clean the mouth and may be refreshing.
- Cold drinks may be more soothing than hot drinks. Try adding crushed ice to drinks.
- Try drinking through a straw.
- Try soft moist foods such as custards, sorbet, ice cream, mousse, egg custards.
- Your doctor can also prescribe mouthwashes.
- Avoid acidic / salty / spicy foods as they may sting your mouth.
- Avoid rough textures such as toast, crackers, or raw vegetables, which may scrape sore skin.



ADVICE FOR A DRY SORE MOUTH AND TASTE CHANGES

Advice for taste changes

You may be finding it difficult to eat because of the taste of the food. Previously well-liked foods may taste different, unpleasant or not seem to taste at all. Occasionally your taste buds may exaggerate sweetness or sourness.

- Ask your nurse or doctor to examine your mouth as the cause may be treatable.
- Concentrate on eating the foods you enjoy the taste of and ignore those that do not appeal. However, do try them again after a few weeks, as your taste buds may have gone back to normal.
- If food tastes metallic you could try plastic cutlery.
- If your taste has decreased or is absent try sharp-tasting foods and drinks e.g. fresh fruit, fruit juices, bitter boiled sweets, home-made lemonade, tonic water, ginger ale or ginger beer. Add flavours e.g. sugar, salt, herbs, spices.
- If taste has increased avoid the above.
- If you find you go off the taste of red meat, do not worry: this is quite common. Concentrate on choosing chicken, eggs, cheese, fish, beans and pulses. Try marinating meat or add sauces e.g. curry or sweet and sour. Cold meats may taste better and you could add pickle and chutney.
- Some people might go off the taste of tea or coffee. You could try alternatives such as lemon or herbal tea, hot chocolate, Horlicks, fruit juice or ice-cold fizzy drinks like lemonade.

Mouth care

- Looking after your mouth is an important part of helping your symptoms. It is always important to be gentle with your mouth.
- Clean your teeth and tongue every 4 hours during the day. Use a small headed, medium texture toothbrush. The brush should be changed every 3 months.
- Use of toothpaste is not as important as the actual brushing. Choose a toothpaste with 1000ppm fluoride. If your mouth is sore you could try Kingfisher® natural toothpaste or tea tree oil toothpaste.
- Chlorhexidine mouthwash can be useful to control plaque and keep the mouth clean and healthy. This is useful to stop infections and sore mouth developing. It may also be helpful for people who are too unwell to have effective tooth brushing. Use 10ml twice daily (diluted 50% with warm water if it stings) after brushing the teeth.
- If you wear dentures, take them out and clean daily. Wash with liquid soap and rinse thoroughly. If they are infected, leave them to soak in a solution of dilute Milton®. Store dentures in water, ideally overnight, but always for a minimum of 1 hour per day. It is important that dentures fit well; illness can affect fit, so they should be checked at regular intervals. Dentures last 5-10 years at the most. If dentures are damaged do not use.

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East Lancashire

Health Economy and Trusts



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