

Boosting your nutrient intake

Due to illness or a poor appetite you may not be able to eat as much as you usually do or your body may need more nutrients. 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.
- Meals and snacks can be fortified 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 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.
- A small amount of alcohol may help to stimulate the appetite

Snacks

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

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

Bread, Toast...

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

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

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!

Vanilla slice, 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.



Food Fortification

Try adding extra energy and protein to the foods that you are eating using everyday foods

	Amount **	Added to	Additional calories (kcal)	Protein Content (grams)
Savoury				
*Mayonnaise or salad cream	1tbsp	Sandwiches, mashed potato, as a condiment to meals	100	0
*Grated cheese	1 tbsp	Meals, mixed in mashed potato, added to soups, add on top of vegetables	40	2.5
Dried skimmed milk powder	2tbsp	Soups, sauces	110	11
Mayonnaise	1tbsp	Mix with sandwich fillings (e.g. coronation chicken, eggs), add to sandwiches (e.g. meat/chicken/fish)	100	0
Creamed coconut	50g	Add to curries or casseroles	350	4
Chopped cashew nuts	2tbsp/30g	Curries or eaten as a snack	120	6
Sweet				
Sugar	1 tsp	Desserts, drinks, cereals	20	0
*Ice-cream	1 scoop	Desserts	115	2
Honey	1 tsp	Desserts, drinks, vegetables	50	0
Chocolate, grated or melted	2 squares	Desserts or drinks or eaten as a snack	70	1
Jam	1 tsp	Bread / desserts	50	0
Desiccated coconut	1 tbsp	Desserts / cereal	60	0.5
Chopped dried fruit	1 tbsp	Desserts / cereal	85	0
Dairy				
*Double cream	1 tbsp	Mashed potato, porridge, soups, stews, hot chocolate, desserts	135	0.5
*Butter or margarine	1 tbsp	Potatoes or other cooked vegetables or eaten on bread.	100	0
Dried skimmed milk powder	1 tbsp/15g	Milk and other milky drinks	55	5.5
*Greek yoghurt	1 tbsp/15g	Stews, cereal, desserts	61	2
Milkshake powder	4 tsp	Milk	60	0

*Use full fat varieties – not low fat / healthy eating



Examples of how to fortify your food

Breakfast

Porridge

(with full fat milk and/or sugar, syrup or jam)

Scrambled or boiled egg

(add full cream milk and/or butter/margarine)

Bacon or Sausage

(fried)

Toast Croissants or Bagels

(spread with jam/cheese)

Main Meal

Beef, Chicken, Lamb, Fish, Pulses

(Fish/Meat – Served with rich sauce or gravy. Add butter, cream, ghee, to dals and pulses such as rajma and chole)

Potatoes or Rice or Chapatti

(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

(serve with cream or fortified custard)

Light Bites

Soup

(packet/condensed made with full fat enriched milk; or home-made with cream)

Meat Pie/Quiche

Sandwiches

Scrambled Egg/Cheese on Toast

(spread butter thickly)

Tinned fruit in syrup

(serve with evaporated milk, cream or custard)

Nourishing Drinks

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

Fortified Milk

1 pint (570mls) full cream milk

4 tablespoons (60g) dried milk powder

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



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

Fortified Milkshake

180mls/Half pint full cream milk

30g/2 heaped tbsp. milk powder

4 heaped teaspoons/20g **vitamin fortified** milkshake powder (Nesquik, Asda Milkshake Mix, Morrisons Milkshake Mix or Lidl Goody Cao)

Or 25g/5 heaped teaspoons “Ovaltine Original add milk” powder or Horlicks Malted Food Drink

Mix milk powder and milkshake powder together in a glass. Gradually mix in milk and stir well. Enjoy!

1 portion = 220ml, 300-320 calories and 17-19g of protein. **Serve 2 portions per day**

Supplement Drinks – available to buy in chemists and supermarkets

Meritene Energis Shake – in sweet (made with full milk 239 calories and 16g protein) and savoury flavours (207 calories and 7g protein)

Complan Shake in sweet flavours (made with full milk 380 calories and 16g protein)/**Complan on the Go** (208 calories and 10g protein)

Nurishment Bottle (340 calories and 18g protein)/**Nurishment cans** (400 calories and 20g protein)

