

Food First

Nourishing Ideas

Note: The information in this leaflet may not be suitable for certain medical conditions e.g. swallow problems, food intolerances or allergies. It should not replace the advice of your doctor or healthcare team.

Illness or poor appetite may have caused you to eat less food than usual and to lose weight.

This leaflet suggests ways in which you can increase your intake of food.

If you have diabetes please refer to the 'How to increase your calorie intake if you have diabetes' section on page 7.

General tips

- Try a 'little and often' eating pattern. Aim to have three small meals and 2-3 snacks per day
- Avoid low fat, sugar-free or 'diet' foods
- Try to have a pudding every day. Ice-cream, creamy yogurt, mousse, rice pudding, or custard are good choices
- Try to include protein at each meal, for example: meat, fish, cheese, eggs, beans, or lentils
- Have drinks after food as fluid may fill you up and cause you to eat less
- Boost the calorie content of your meals by adding cream, butter, or cheese. See adding extra calories section
- Try to include some fruit and vegetables every day. Frozen, tinned, and dried are all suitable
- Foods high in fat and sugar are high in calories so you should try to eat more of these at the moment.

Fluids

- Choose nourishing drinks wherever possible, for example milky coffee, hot chocolate, milkshakes, full sugar fizzy juice, or smoothies
- Try to use at least one pint of full fat milk per day. If you don't like to drink milk you can add into sauces or puddings
- Use fortified milk to increase your calorie and protein intake even more – see the recipe below:

How to make fortified milk

- Add 4 tablespoons of milk powder to one pint of full fat milk
- Stir until dissolved
- Store in the fridge and use within 24 hours
- Use in place of normal milk in drinks, on cereal and in cooking.

For a demonstration of how to make fortified milk and more tips to increase your intake see our 'Food Fortification' video

Available at: <https://vimeo.com/714408430/b4414b6d27>

Or scan this QR Code using the camera on your smart phone:



What should I eat?

Breakfast ideas

If you don't feel like eating anything first thing, try to have a snack an hour or so after you get up. This may help you to feel hungry later in the day. You could have:

- Cereal with full fat or fortified milk and a glass of fruit juice
- Porridge with cream and banana
- Pancake or crumpet with butter and jam or cheese
- A milky coffee or hot chocolate with two biscuits
- Toast with cheese, peanut butter or well-cooked scrambled egg
- A roll with bacon, sausage, or egg

Small meal ideas

If you can't manage a full meal, try having smaller meals more frequently. You could have:

- Sandwich or roll with cheese, tuna, or egg mayonnaise
- Toast with melted cheese, well-cooked scrambled egg, spaghetti, or baked beans
- Slice of pizza or quiche
- Pie, bridie, or sausage roll
- Macaroni cheese, ravioli, or pasta with ready-made sauce
- Omelette
- Hamburger roll with cheese.

Snack ideas

Aim to have at least one pudding and 2 –3 snacks each day, such as:

- Cheese or pate on crackers or toast
- Crisps and dip
- Toast with butter and jam or honey
- Chocolate bar, pastry or cake
- Sausage roll or pork pie
- Mini trifle, mousse, or custard
- Peanuts or mixed fruit and nuts
- Thick and creamy yogurt or ice-cream
- Teacake or scone with jam and cream
- Rice pudding
- Sponge and custard
- Fruit pie and cream or evaporated milk
- Cheesecake and cream
- Individual desserts, such as chocolate mousse, crème caramel or trifle
- Full-fat or thick and creamy yoghurt.

Choose full-fat varieties, not low calorie.

Adding extra calories to food

Adding high calorie foods into your meals can help you get more nourishment without having to eat more. Try the following:

- **Cream**—add into soups, potatoes, puddings and sauces. Serve generously on puddings and cakes
- **Butter**—add into vegetables, potatoes, and sauces. Spread thickly on bread, crackers, pancakes, and scones
- **Cheese**—add into eggs, sauces, beans, soup, pasta, potatoes, and vegetables
- **Sugar/honey/syrup**—add into porridge, puddings, cakes, and drinks.

Evaporated milk, mayonnaise, salad cream, fortified milk, hummus, full fat yogurt, nuts, and dried fruits are all good additions too.

How to increase your calorie intake if you have diabetes

It is important that you eat more calories but too much sugar can increase your blood sugar levels.

Keeping your blood sugar levels within target range is vital to help you maintain or gain weight.

You may have been advised to lose weight or avoid high calorie foods in the past. If your appetite is poor or you are losing weight, you may need to relax your diet.

You should:

- Introduce a little and often eating pattern
- Focus on savoury foods and add cheese, butter, cream, and mayonnaise
- Continue to limit sugary foods
- Opt for nourishing milky drinks. Avoid full sugar drinks
- You can add extra calories to foods as advised within this leaflet but do not add extra sugar, honey, evaporated milk or syrup to foods.

If your blood sugars are too high or too low, contact your diabetes team for advice

Your contact:

Telephone Number:

Date: