

# Making the Most of your Food Advice for adults who have a poor appetite or have lost weight.

## Introduction

- It is important to try to eat well to prevent further weight loss and promote healthy weight gain.
- If you have a poor appetite or have lost weight, changes to your diet could make a difference.
- Try small frequent meals and snacks to boost your appetite. This leaflet will give you ideas as to how you can do this.

## Helpful Hints to try to Increase your Appetite

- Have your main meal at the time of day you feel most well.
- Keep a store cupboard of easily prepared foods, eg; tinned meats and fish, soups, instant puddings, malt loaf, custard.
- Avoid stressful mealtimes – it is understandable for you and your family to be concerned if you are not eating well however “little and often” is the key
- Drink along with or after your meal. Drinking before meals can fill you up.
- If you are finding cooking difficult try using convenience / ready prepared meals, or try cold foods if the smell of cooking is putting you off eating.

## Increasing Calories and Protein

- Try to have protein foods such as meat, fish, egg, cheese at least 3 times a day.
- Try to use 1-2 pints of milk every day. You can add milk or skimmed-milk powder to drinks, soups, sauces, puddings, and on cereals.
- Try to have a pudding once or twice a day, e.g. thick & creamy yogurts, tinned rice pudding, sponge pudding and custard, trifle, mousse, fruit pie, crumbles.
- Include sugary foods whenever you can, e.g. sugar, jam, honey, sweets, chocolates, biscuits, cakes.
- Try to maximise your intake of healthy fats, e.g. adding margarine or oil to potatoes and vegetables; and eating eggs, oily fish (such as salmon, mackerel, herrings, sardines), red meat.
- Try adding banana, honey/syrup, milk to wholemeal breakfast cereals.
- To potatoes try adding: cream, grated cheese, full fat fromage frais, cooked bacon/ham/ corned beef/ tinned fish.
- To sauces try adding: cheese, cream, milk powder, butter/margarine, peanut butter
- To soups try adding: grated cheese, croutons, dumplings, noodles/pasta, cream, milk powder
- To vegetables try adding: butter/ margarine, cheese/ parsley sauce

## Snack Ideas

- Glass of full fat/ Horlicks or coffee made with milk/ milkshake with a biscuit/ cake
- Crackers or digestive biscuits and spreading cheese or cream cheese
- Chocolate bar, cake or other sweets
- Toast, crumpet, malt loaf, teacake, muffin with butter/margarine and jam
- Individual desserts e.g. thick and creamy yogurt/ chocolate mousse/ trifle/rice pudding
- Cereal/porridge with milk and honey/syrup

## Information for Patients

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### Ideas for Breakfast

- Cereal/porridge with milk
- Toast/ croissant/ butter muffins/ crumpet/ mini pancakes with butter or jam
- Scrambled egg/ bacon/ sausage with a roll/ on toast
- Glass of milk/milky drink with biscuits

If you can manage even a little breakfast it helps you to eat better for the rest of the day!

### Ideas for Light Meals

- Toast with scrambled egg, cheese, spaghetti, sardines, bacon, or sausage
- Sandwich/ roll with cheese, egg mayonnaise, tuna mayonnaise, salmon or meat.
- Omelette with grated cheese +/- meat with bread and butter/ toast
- Jacket potato with cheese/ tuna mayonnaise/ egg mayonnaise
- Macaroni cheese/ ravioli/ stew/ casserole with mashed potato
- "Cream of" soup with additional milk/ cream/ cheese with bread/ sandwich
- Boil in the bag or oven ready fish and chips/ mashed potato

### Puddings

- Milk puddings e.g. custard, rice pudding, semolina, sago, with jam/ sugar/ cream
- Individual desserts e.g. trifle, chocolate mousse, ice cream, full fat yoghurt
- Cake, pie or sponge pudding and custard
- Tinned or stewed fruit with custard

### Additional Sources of Information

Go online and view NHS Choices website for more information about a wide range of health topics <http://www.nhs.uk/Pages/HomePage.aspx>

CRE Charity website: <http://www.corecharity.org.uk/>