

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

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/>