Improving Nutrition

Illness or medication may affect your appetite or cause you to lose weight. It is important that you choose as nourishing a diet as possible to ensure you get sufficient energy, protein, vitamins and minerals. A good diet can help you gain weight, fight infection and heal injuries or wounds.

- **Small frequent meals** may be easier to manage than the traditional three meals a day. Try to eat or drink something nourishing every 2-3 hours.

- Prepare meals in advance when you feel like cooking. Make and freeze extra portions that can be used when you are lacking the energy to cook.

- **Ready-made meals** such as shepherd's pie and casseroles will be useful on those days when you don’t feel like cooking. Make sure you reheat food thoroughly.

- Take advantage of times when you do have an appetite. Eat when you feel hungry and keep snacks handy.

- **Choose the full fat versions** of foods such as whole milk, full fat cheese, and creamy yoghurts.

- If you cannot manage a main meal, a **fortified soup and pudding** is a good substitute. Suggestions on how to fortify follow. Alternatively, replace a meal with a nourishing drink (sweet or savoury) e.g. Build-up or Complan. These can also be used between meals.

**Snack Ideas**
- Quiche ~ Sandwiches ~ Toasted Cheese ~ Sausage Rolls ~ Soup ~ Cheese & Crackers ~ Breakfast Cereal ~ Crumpets ~ Toasted Teacakes ~ Instant Whip ~ Ice Cream ~ Custard ~ Rice Pudding ~ Yoghurt ~ Nuts ~ Crisps ~ Dips
Drinks

- Have less tea, coffee, squash and water as these have poor nutritional value. Instead have **nourishing drinks** e.g. full cream milk, milk shakes, hot milky drinks, fruit juice.

- If you lack the energy to prepare meals or snacks, keep a **flask of a nourishing drink** handy during the day and night. A flask can also be taken with you if you are out of the house at mealtimes.

- Avoid drinks with your meals – have them half an hour before or after.

- A glass of wine, sherry or brandy before meals may help to stimulate your appetite (check with your doctor first).

How to Add Extra Nourishment to your Food

When your appetite is poor, adding extra nourishment to food means more goodness in each mouthful.

Fortified Milk

Add 4 tablespoons of milk powder, e.g. Marvel or 5 pints, to 1 pint of whole / full-fat milk. If you find this is too rich, try adding milk powder to semi-skimmed milk.

Add the fortified milk to

Drinks  
Cereals  
Puddings  
Soups  
Use to make sauces / custard

<table>
<thead>
<tr>
<th>To Soups Add</th>
<th>To Puddings and Breakfast Cereals Add</th>
</tr>
</thead>
<tbody>
<tr>
<td>Cream</td>
<td>Jam, honey or syrup</td>
</tr>
<tr>
<td>Beans</td>
<td>Sugar</td>
</tr>
<tr>
<td>Grated cheese</td>
<td>Yoghurt (full fat)</td>
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<tr>
<td>Lentils</td>
<td>Fruit</td>
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<tr>
<td>Milk powder</td>
<td>Cream</td>
</tr>
<tr>
<td>Croutons</td>
<td>Nuts</td>
</tr>
<tr>
<td>Rice</td>
<td>Evaporated milk</td>
</tr>
<tr>
<td>Dumplings</td>
<td>To Puddings also Add</td>
</tr>
<tr>
<td>Barley / couscous</td>
<td>Custard</td>
</tr>
<tr>
<td>Pasta</td>
<td>Ice cream</td>
</tr>
</tbody>
</table>

Sorbets
To Bread, Toast, Crackers, Crumpets
Add
Thick spreading of butter / margarine
Jam, honey, syrup
Chocolate spread
Lemon curd
Mashed banana
Peanut butter
Soft cheese

Add Mayonnaise to
Vegetables / Salads
Potatoes
Sandwiches

Add Sugar or Glucose to
Cereals
Drinks
Desserts
Yoghurts
Sauces / Custard

To Vegetables and Salads Add
Salad cream
Mayonnaise
Vinaigrette
Grated cheese
Chopped hard boiled egg
Sauces, e.g. cheese/white
Margarine / butter
Yoghurt

Add Butter or Full Fat Margarine
or oil to
Vegetables
Potatoes
Pasta / Rice

Add Grated Cheese to
Soups
Sauces
Potatoes
Vegetables

To Sauces Add
Cheese
Margarine
Butter
Yoghurt (full fat)
Cream / Creme Fraîche
Evaporated milk

Fortified milk

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