

Eat Better, Feel Better

Eating well is important to provide your body with the nutrients it needs to work properly. If you have a poor appetite or have lost weight unintentionally, this leaflet provides you with ideas to increase your energy and protein intake using nourishing drinks, snacks and 'food boosters'. This can help you to regain strength and prevent further weight loss

Try our 1, 2, 3 approach: 1 pint of Fortified Milk, 2 Snacks, 3 Food Boosters.

Top Tips

- Eat 'little and often' throughout the day e.g. 3-4 small meals with snacks in-between
- Indulge in the foods you fancy - opt for the full fat versions
- Fry or roast foods instead of grilling or boiling them
- Have a pudding once or twice a day e.g. full fat yogurt, ice-cream, cake, custard
- Have drinks separately from meals as they can fill you up
- Consider ready meals or a meal delivery service as an alternative to cooking from scratch
- Stock basic food items in case you are unable to get to the shops e.g. tinned soup, baked beans, puddings and custard

Drinks

Keeping hydrated is important to help you feel alert, reduce the risk of falls and prevent urine infections. Aim for 6-8 cups of fluid every day. In addition to drinking water, other drinks can provide energy and fluid, such as: tea & coffee, milk, hot chocolate, smoothies and fruit juice. **Nutritional supplement soups & milkshakes** e.g. Complian, Meritene Energis, Aymes are available from pharmacies or supermarkets. They come in a range of neutral, sweet and savoury flavours and in both powdered and ready to drink preparations. A vegan and milk free recipe version are available below.

1 Fortified milk: Have 1 pint every day

Fortified Milk: add four tablespoons of dried milk powder into 1 pint of whole milk.

Mix the powder with a small amount of milk to make a paste and then whisk in the rest of the milk. Use this as you would normal milk. This adds 140 calories to a pint of milk without affecting flavour or volume. For a single serving, add two tablespoons of dried milk powder to one glass (250ml) of whole milk.

Milkshake recipe

Vegan alternatives available (for 2 servings)

Ingredients

50g ice or crushed ice
250g vanilla ice cream (dairy free ice cream for vegan)
1 tablespoon sugar
125ml whole milk (almond milk for vegan)
Toppings: whipped cream (soya whipped cream for vegan) & chocolate syrup (Askey's Treat! or Sweet Freedom for vegan)

Method

1. Crush the ice in a blender (or use crushed ice)
2. Add the rest of the ingredients, blend until smooth
3. Add the toppings
Each glass provides around **299-354 calories and 5-9g protein**

Milk free recipe

Fruit punch (for 2 servings)

Ingredients

360ml fresh apple juice
80ml undiluted blackcurrant squash or cordial (full sugar version)
20g egg white powder

Method

1. Mix undiluted cordial into egg white powder until there are no lumps
2. Gradually mix in fruit juice, shake or stir and serve

Each glass provides around **200 calories and 8.5g protein**

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2 Snack Ideas: Include 2-3 snacks per day between meals

Foods high in calories and protein are encouraged to help increase energy and strength.

Sweet options

2-3 biscuits – chocolate/ cream filled/ shortbread
 Jam tart
 Chocolate bar
 2 scoops of ice-cream
 Soya dessert
 Full fat custard or rice pudding
 Slice of cake
 Doughnut or cream cake
 Pastry or brioche
 Scone with cream and jam
 Cereal bar
 Bowl of *muesli or cereal with dairy or soya milk
 *Dried fruit – dates/ apricots/ mango
 *Banana chips
 *Sliced apple and peanut butter
 *Flapjack
 Crumpet with jam/ chocolate spread
 Full fat yoghurt

Savoury options

*Edamame beans
 Cheese scone
 Cheese and crackers
 Pitta bread and *hummus
 Mini naan bread
 Crumpet with vegetable spread/ butter/ cheese
 Slice of pizza
 Slice of quiche
 *Nuts and seeds
 2 mini meat or *vegetable spring rolls
 5 vegetarian cocktail sausages
 3 mini sausage rolls or cheese and onion rolls
 Slice of toast with butter/spread/ cheese
 ½ a bagel with topping – avocado/ smoked salmon and cream cheese
 2 boiled eggs
 1 scotch egg or 3 mini vegetarian scotch eggs
 *2 mini samosas

* High fibre foods are best avoided in the short-term if you are recovering from gastrointestinal surgery.



3 Food Boosters: Fortify your food and drinks

Food Booster	Portion Size	Add to...
Dairy or soya single cream	Two tbsp (30ml)	Mashed potato, puddings, sauces, soups, fruit salad, milky drinks
Dairy or soya double cream	Two tbsp (30ml)	
Cheese	Matchbox size (30g)	Mashed potato, vegetables, crackers, crumpets, sandwiches, toast, pasta, scrambled egg
Butter/ vegetable oil spread	One tsp (10g)	
Vegetable oil - olive/rapeseed	One tbsp (15ml)	Pasta, salad dressing, use for roasting or frying
Nut Butter - peanut/almond	One tbsp (15g)	Crumpets, toast, sandwiches, soups, stews, porridge
Jam/ honey/ syrup	One tbsp (15g)	Crumpets, toast, porridge, rice pudding, pancakes
Full fat mayonnaise	One tbsp (15g)	Sandwiches, salad, vegetables
Full cream milk powder	One tbsp (10g)	Mix into yogurt, custard, milk, milky puddings (see fortified milk recipe overleaf)
Soya protein powder	One tbsp (10g)	Soups, cereal, desserts
Ground nuts	One tbsp (10g)	Porridge, instant oats, rice pudding, stews

Note: tsp = teaspoon tbsp = tablespoon

For advice on other nutrients, specific dietary advice for a particular medical conditions e.g. diverticular disease, diabetes etc., or if you are continuing to lose weight, please contact your GP or other healthcare professional who may seek advice from or refer you to a dietitian.

Leaflet produced by University Hospitals Sussex Dietitians. For further information or to provide feedback please contact:
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