

Poor Appetite? Losing Weight?

- Eat 'little and often'—small nourishing meals, snacks and drinks every two to three hours through the day.
- Use full cream milk—aim for one pint / 600mls each day.
- Fortify milk with two to three heaped tablespoons of milk powder to one pint of full cream milk. Chill and use with cereals, porridge, to make up savoury sauces, packet or condensed soups, instant desserts, jellies, milk drinks.
- Add milk powder to soups, milk puddings, custards and mashed potatoes.
- Choose full fat and full sugar products rather than 'diet, 'low fat'/'low sugar'* or 'healthy eating' varieties.
- Add knobs of butter or margarine to vegetables, milk puddings and potatoes (avoid low fat spread).
- Add grated cheese to soup, mashed or jacket potatoes and scrambled eggs.
- Serve main meals with a creamy sauce e.g. cheese sauce or parsley sauce.
- Add cream or evaporated milk to soups or puddings e.g. stewed/canned fruits, custard, rice puddings.
- Add sugar to cereals, drinks, desserts.* Serve jam, honey or syrup on bread, milk puddings.* Choose drinks with high sugar content e.g. fruit juice, lemonade, full sugar squash.
- Have snacks between meals and at bedtime for example toast with butter and jam, a cheese sandwich, cereal and milk, creamy or Greek yoghurt, cake, biscuits, full fat mousse, cream cheese and crackers, dried fruit and nuts or milky drinks.
- Try supplements between meals such as Complan, Build Up/Recovery, Foodlink Complete or Nourishment (sweet, savoury or natural) which are available from chemists or supermarkets.
- A little alcohol before a meal can stimulate appetite, but check with your doctor or chemist first if you take any medicines.
- Choose a wide variety of foods.
- For a balanced diet at each meal try to have a protein food (meat, fish, egg, cheese, milk, vegetarian alternative e.g. Quorn or soya) and starch (bread, cereals, potato, rice, pasta). Have fruit and vegetables/salad each day. These can be pureed or taken as juice if preferred.
- Consider an 'A-Z' type multivitamin and mineral supplement if you can only eat small amounts or a limited variety of foods. Avoid these if you have three or more supplement drinks daily (such as Complan, Build Up, Ensure Plus etc).
- Have plenty of nourishing fluids, you should drink six to eight glasses or mugs (three pints or 1.5 litres) of fluids per day. These may include:
 - Sweetened fruit juice.*
 - Fortified milk, chilled or warm (with a tot of whisky/brandy if permitted).
 - Coffee, hot chocolate or malted drinks made with all milk (fortified). Serve hot or chilled.
 - Milkshake (see recipes overleaf)

- Avoid drinking during or shortly before a meal if it makes you feel too full.

* If you have diabetes, continue to choose sugar free drinks. You can have a moderate amount of sugar containing foods.

Contact the dietitians or your GP if you have concerns such as continued weight loss, difficulty taking solids, worsening appetite, limited food variety or you have diabetes and experience high blood sugars or sugar in your urine.

Milkshake Recipes

Blend 200mls ($\frac{1}{3}$ pint) fortified milk with the following ingredients:

- Chocolate wish**
One brickette of vanilla ice cream
Two heaped tsp drinking chocolate
- Raspberry apple**
One tbsp double cream
Raspberry milkshake syrup
- Greek cooler**
One tub (150g/5oz) Greek yoghurt
Two tbsp honey
- Fruit shakes**
75g (3oz) soft fruit—fresh or tinned e.g. strawberry, apricot, peaches, banana
One brickette of (50g/2oz) vanilla ice cream OR one pot of creamy yoghurt
- Pineapple punch**
Half a banana
50ml (2fl oz) pineapple juice
One tbsp double cream
One tsp muscavado sugar

If you are concerned about your diet or have any queries regarding this advice please contact a dietitian at Bedford Hospital

Telephone: 01234 792171

Email: Dietetics@bedfordhospital.nhs.uk

Leaflet adapted from leaflets by the dietitians at Luton and Dunstable Hospital and Peterborough community dietitians.