

## Milk puddings and dessert ideas

Aim to have at least one pudding each day, such as:

- Rice pudding.
- Sponge and custard.
- Fruit pie and cream or evaporated milk.
- Cheesecake and cream.
- Individual desserts, such as chocolate mousse, crème caramel or trifle.
- Full-fat or thick and creamy yoghurt.

Choose full-fat varieties, not low calorie

## Snack between meal ideas

- A glass of milk and biscuits.
- Peanuts or mixed fruit and nuts.
- Crisps and dip.
- Toast with butter and jam or honey.
- Cheese and biscuits.
- A bowl of cereal or porridge.
- Glass of over-the-counter “build-up” style nourishing drink.
- Chocolate bar, pastry or cake.
- Individual dessert.
- Toasted teacake/scone with butter and jam.

## Adding extra calories to food

If your intake is very poor, it may help to supplement your food. Which of the following could you try? To cereals and puddings add:

- Cream, evaporated milk or full-fat yoghurt.
- Nuts or dried fruit.
- Sugar or honey.

## To vegetables and potatoes add:

- Butter or margarine.
- Milk.
- White or cheese sauce.
- Grated cheese.
- Salad dressing.
- Cream

## To soup (tinned, packet or homemade) add:

- Milk or cream.
- Croutons.
- Grated cheese.
- Rice or pasta.
- Beans or lentils.
- One large spoon of milk powder.

Your contact:

Telephone No.:

Date:



# FOOD FIRST Nourishing Ideas

**Note:** The information in this leaflet may not be suitable for certain medical conditions e.g. swallow problems, food intolerances, food allergies, diabetes. It should not replace the advice of your doctor or healthcare team.

Illness or poor appetite may have caused you to eat less food than usual and to lose weight.

This leaflet suggests ways in which you can increase your intake of food.

## General nutrition and increasing calories

Try to include three small meals daily and two to three small snacks between meals.

Try to have:

### Milk and dairy foods

- At least one pint of full-cream milk daily. If you do not drink milk, try it in puddings and sauces.
- Try adding four tablespoons of milk powder to one pint of full-cream milk for extra calories.
- Eat cheese more often as a snack or as part of a meal.
- Try full-fat yoghurt.

### Bread, potatoes, pasta, rice, cereal or chapattis

- One serving with each meal.

### Meat, chicken, fish, eggs, cheese, nuts, beans or lentils

- A serving at least twice per day.

### Fruit and vegetables

- Eat daily whether fresh, frozen or tinned. Remember you can have fruit juice or dried fruit too.

### Fluids

- It is important to drink plenty.
- Have at least six to eight cups of fluid each day.
- Try to make these as nourishing as possible, such as milky coffee and malted milk drinks.
- Take drinks after your meal or snack as fluid can fill you up and cause you to eat less.

## Fatty and sugary foods

At the moment you should try to eat more fatty and sugary foods as these are high in calories.

### Which of the following could you try?

- Spread butter or margarine thickly on bread.
- Have chips or roast potatoes more often.
- Add cream to fruit, puddings and drinks.
- Use mayonnaise in sandwiches and salads.
- Use sweetened drinks instead of diet drinks.
- Add sugar to cereals or try sugar coated ones.
- Have cakes, pastries or chocolate between or after meals.
- Try to fry food in oil or fat if possible.

## So, what should I eat?

### Breakfast ideas

If you don't feel like eating anything first thing, try to have a snack an hour or so after you get up. This may help you to feel hungry later in the day.

You could have:

- Cereal with full-fat milk and a glass of fruit juice.
- Porridge with cream.
- Pancake or crumpet with butter or margarine and jam.
- A cup of milky coffee or hot chocolate with two to three biscuits.
- Toast with cheese, peanut butter or well-cooked scrambled egg.
- A roll with bacon, sausage or egg.

## Small meal ideas

If you can't manage a full meal, try having smaller meals more frequently. You could have:

- Sandwich or roll with cheese, tuna or egg mayonnaise.
- Toast with melted cheese, well-cooked scrambled egg, spaghetti or baked beans.
- Slice of pizza or quiche.
- Pie, bridie or sausage roll.
- Macaroni cheese, ravioli or pasta with ready-made sauce.
- Omelette.
- Hamburger roll with cheese.