

Why Do You Need to Eat and Drink Well?

It is important to eat and drink a variety of foods to ensure your body is getting the right balance of nutrients, including energy (calories), protein, vitamins, minerals and fluid.

Choosing food and fluids that are 'nutrient dense' or 'nourishing', can help to improve your nutritional intake without making portions too big to manage.

This leaflet provides information on boosting your nutritional intake if you are not eating well or if you are losing weight unintentionally.

If you have a history of cardiovascular disease, diabetes or stroke, you should discuss the advice on this leaflet with your GP or the healthcare professional that provided this leaflet. If you have diabetes, you may need to continue to choose sugar free drinks and/or monitor your blood sugar levels more closely than normal.

Please speak to your GP, Speech and Language Therapist or Dietitian if you have been diagnosed with dysphagia (swallowing problems) as the advice in this leaflet may not be suitable for you.

Still Struggling?

If you continue to lose weight despite following the advice in this leaflet, please speak to the healthcare professional that gave you this leaflet or your GP. You may be referred to a Dietitian for further assessment and advice.

Monitoring Your Progress

If you can, try and weigh yourself at least once a month to monitor your progress. Make a note of the date and your weight in the chart below:

Date	Weight



Boost Your Nutritional Intake

Have you lost weight recently?
Do you need to gain weight?
Are you struggling with a poor appetite?

If you have answered yes to any of the above then this leaflet could help you.

To request an alternative format of this leaflet:

Email: frimleyicb.communications@nhs.net

Call: 01252 335154

Write to:

NHS Frimley Integrated Care Board
 King Edward VII Hospital
 St Leonards Road
 Windsor
 SL4 3DP

Step 1: Eat 'Little and Often'

- **Try to have a small meal, a snack or nutrient dense drink** every 2-3 hours during the day, especially if you cannot manage a full meal
- **Choose meals that you enjoy, and that are easy to prepare and eat.**
- **Choose food and drinks that are 'nourishing' and 'nutrient-dense' i.e. high in calories and protein.** Choose full fat milk and other dairy products, and avoid foods labelled 'diet', 'reduced/low fat' or 'healthy eating'
- **Drinking during meals may make you feel full** so try and wait until after you have finished eating

Savoury Snack Ideas

- Cheese and crackers
- Mixed nuts, seeds, crisps, Bombay mix
- Savoury or cheese scone with butter
- Cubes of cheese
- Crumpets, teacakes or toast with butter, jam or peanut butter
- Finger foods e.g. sausage roll, scotch egg, sausages, quiche, samosas, crabsticks
- Falafel or breadsticks and houmous
- Hard boiled egg
- Small snack meal e.g. beans or eggs on toast, creamy soup, fishcakes
- Sandwiches

Sweet Snack Ideas

- Full fat or Greek yogurt
- Milk puddings e.g. rice pudding or semolina
- Cereal bars
- Scotch pancakes
- Mini muffins (can be savoury or sweet)
- Malt loaf with butter
- Fruit scone with jam and cream
- Fresh/tinned/stewed fruit with cream or custard
- Desserts e.g. Angel Delight®, mousse, crème caramel, jelly, ice cream, trifle, cheesecake, custard
- Biscuits/cookies and cakes

Step 2: Fortify Your Food and Drink

Adding **nutrient-dense foods** such as those listed below, will help boost the nutritional content of your food without increasing the portion size. This is known as **food fortification**.

- **Add butter/ghee and/or cheese** to potato (boiled, mashed or jacket), crackers, crumpets, sandwiches, toast, vegetables.
- **Add olive oil** to pasta or salads
- **Add nut butters** e.g. peanut, cashew, almond, to crumpets, toast, sandwiches, smoothies, milkshakes, porridge, stews, curries
- **Add ground nuts** e.g. peanuts or almonds to vegetable soups, casseroles, curries, porridge
- **Add milk powder e.g. Marvel, Nido or supermarket own brand**, to full fat milk (see recipe below), milky puddings, custard, yogurt, mashed potato, 'cream of' soups
- **Add pea or soya protein powder** to vegetable soups, stews, casseroles, curries
- **Add jam, honey, lemon curd, chocolate/hazelnut spread or condensed milk** to crumpets, toast, scones, porridge, rice pudding
- **Add cream** e.g. double, coconut, to mashed potato, puddings, porridge or milky drinks

Fortified Milk Recipe

Mix 4 heaped tablespoons/60g of milk powder into 1 pint of whole (full cream) milk.

Once made up, keep it in the fridge to use during the day e.g. on its own, in hot and cold drinks, on porridge or cereal and for making puddings e.g. custard, instant desserts.

Step 3: Nourishing Drinks Between Meals

Drinks that contain some nutrition can be helpful in supporting both your nutrition and hydration needs.

Nourishing drinks include milk-based options such as milk, malted drinks (e.g. Horlicks/Ovaltine), hot chocolate, lassi, milky coffee, smoothies and milkshakes. If you are not eating well, try to have 1 or 2 nourishing drinks each day, between meals.

Nourishing Drink Recipe

Makes 1 portion

Ingredients

- 180ml cold or warm whole (full cream) milk
- 2 heaped tablespoons/30g milk powder
- 4 heaped teaspoons/20g vitamin fortified milkshake powder e.g. Asda Milkshake Mix, Nesquik®, or Tesco Milkshake Mix

Or 5 heaped teaspoons/25g malted drink e.g. Ovaltine 'Original Add Milk' or Horlicks 'Original Malted Drink' powder

Method:

- Mix the dry ingredients in a cup
- Add a small amount of milk and mix into a paste to remove any lumps
- Add the rest of the milk, stirring well

- You could try **ready-made milkshakes** such as Nurishment®, breakfast milkshakes, or **yogurt-based drinks**. Try to avoid drinks labelled 'diet', 'reduced/low fat' or 'healthy eating' or those made with just skimmed milk
- **Supplement milkshakes and soups** including Aymes®, Complian®, Meritene Energis® or NuVu Life® are available from a range of supermarkets, chemists or online retailers without a prescription