

## Getting the most from your food if you have a poor appetite or have lost weight without trying

### Little and Often

Have a regular meal and snack routine - try not to miss or skip meals

Eat small, frequent meals and snacks, and take nourishing drinks in between meals

Have drinks separately from meals, as they can fill you up too quickly

Have a pudding once or twice a day

Snacks in between meals can help to boost your energy intake

### Enriching your Food

Choose full fat/full cream foods instead of low fat / low sugar types eg. creamy yoghurts, whole milk

Add sugar, jam, honey, milk powder or cream to porridge, breakfast cereals or puddings

Use butter in sandwiches or with crackers or plain biscuits

Add butter, cream and/or grated cheeses to mashed potato, vegetables and pasta dishes

### Nourishing Drinks

Milk is full of nutrition. Try to have 1 pint of milk each day

To make fortified milk add 4 tablespoons of milk powder to 1 pint of milk. This can be used on cereals, in sauces, to make custard and in drinks eg. Hot chocolate / Cocoa, Coffee / Cappuccinos, Malted drinks, Milkshakes / Smoothies

Powdered supplements such as Complan, Meritene Energis, Aymes Retail and Nourishment are available from most supermarkets and pharmacies and can be used between meals. They should not be used to replace meals.

### Other Helpful Tips

If preparing food is difficult, try ready meals, a meal delivery service or ask friends and family for help in shopping, preparing and cooking meals.

#### Ideas for your store cupboard

Long life milk, tinned meat or fish, tinned / packet soups, baked beans, tinned fruit and vegetables, breakfast cereals, biscuits, crackers, tinned milk puddings, hot chocolate

#### Ideas for your freezer / icebox

Potato waffles, oven / microwave chips, fish fingers / cakes, breaded chicken / goujons, ready to cook burgers, ready meals

Try to have 3 meals and 3 snacks each day and take nourishing drinks in between meals

### Breakfast

- Porridge made with whole milk and added honey, sugar, jam or cream
- Weetabix® made with whole milk and sugar/honey with chopped banana
- Toast or Pancake with butter and golden syrup or chocolate spread and mashed banana
- Muffin / crumpet with butter and jam
- Bagel and cream cheese
- Boiled / Poached / Scrambled egg and buttered toast
- Sausages and baked beans on toast
- Fruit loaf with butter / jam.

### Light Meals

- Creamy chicken or tomato soup with grated cheese and bread
- Sausage rolls and baked beans
- Baked potato with butter, beans and cheese
- Sandwich with chicken and coleslaw / tuna and onion with salad cream or mayonnaise / egg and onion mayo
- Ham and cheese omelette
- Baked beans on toast with grated cheese
- Burger in a bap with cheese
- Melted cheese on toast.

### Main Meals

- Fish fingers / fish cakes, oven chips with beans or vegetables
- Pasta carbonara / Macaroni cheese
- Ready meals e.g. Shepherd's pie / stew / lasagne / fish pie
- Sausages, creamy mashed potato and baked beans
- Chicken goujons / nuggets, potato waffles and vegetables
- Pizza , quiche or pie with coleslaw and garlic bread
- Bacon, chips and fried egg
- Fish with cheese sauce, creamed potato and vegetables.

### Puddings / Snacks

- Milky pudding eg. custard, creamed rice or crème caramel
- Scone / pancake with butter and jam
- Wheaten / Veda® bread with cheese
- Breakfast cereal with whole milk
- Fruit crumble / sponge with custard
- Thick, creamy yoghurt / fromage frais
- Biscuits / Crackers with cheese
- Ice- cream with jelly / tinned fruit
- Cake with jam and cream
- Chocolate mousse / Instant whip
- Buttered / sweet / toffee popcorn
- Mini bread sticks and humus.

**If you have followed the advice on this sheet but are still losing weight, speak to your GP who may refer you to see a Dietitian.**