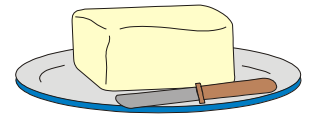
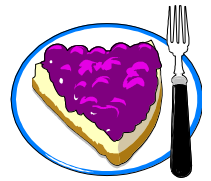


Top Tips

- ❑ **Try to eat 5 or 6** small nourishing meals or snacks at regular intervals throughout the day instead of trying to have 3 large meals.
- ❑ **Nourishing snacks** include toast with butter, or margarine, and jam, cheese sandwich, samosas, cereal and full fat milk, yoghurt, cake, biscuits, full fat mousse, cream cheese and crackers, dried fruit and nuts, Indian sweets, milky drinks.
- ❑ **Add milk powder** to soups, milk puddings, custards, mashed potato etc.
- ❑ **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 etc. and potatoes (avoid low fat spread).
- ❑ **Add grated cheese or baked beans** to soup, mashed or jacket potato, scrambled eggs etc.
- ❑ **Use creamy sauces** e.g. cheese sauce, parsley sauce on meat, fish or vegetable dishes.
- ❑ **Add sugar*** to cereals, drinks, desserts. Choose drinks with high sugar content e.g. fruit juice, lemonade, full sugar squash. Serve jam, honey, syrup on bread and milk puddings.



***the addition of sugar and use of high sugar foods is not recommended for people with diabetes.**

For a balanced diet,

- ❑ Try to have **2 protein foods every day** (meat, fish, egg, cheese, milk, vegetarian alternative e.g. quorn, soya).
- ❑ Try to have some **'starchy' foods** (bread, cereals, potato, chapattis, rice or pasta) with each meal.
- ❑ Have some **fruit and vegetables/salad** each day. These can be pureed or juiced if preferred.
- ❑ **Ready prepared meals**, frozen, dried or canned foods can be nutritious and are easy and quick to prepare. If you are feeling unwell you may find these foods useful.

Try supplement drinks between meals for example Complan, Build Up (sweet, savoury or natural). You can buy them from many pharmacies or supermarkets.

- ❑ **Add cream or evaporated milk** to soups or sauces, milky drinks, porridge, puddings e.g. custard, rice puddings etc.
- ❑ **You may need an 'A-Z' type vitamin and mineral** supplement if you are only managing small amounts of food. Avoid taking extra vitamins and minerals if you have 3 or more supplements daily (for example Complan, Build Up, Fresubin Energy, Fortisip, Ensure Plus etc). If you are unsure whether you need extra vitamins and minerals ask your local Pharmacist or GP for advice.

- ❑ **Fortify milk** with 2-3 heaped tablespoons of milk powder to one pint of full cream milk. Use instead of ordinary milk in cereals, porridge, sauces, packet soups, instant desserts, drinks etc.
- ❑ **Use full fat milk**—aim for one pint (600mls) each day.
- ❑ **Have plenty of nourishing fluids**—6-8 glasses/mugs {3 pints (1.5 litres)}

Choose from:

- ❑ Fortified milk, chilled or warm
- ❑ Coffee, hot chocolate or malted drinks made with all milk (fortified).
Serve hot or chilled.
- ❑ Milk shakes (see recipes overleaf). Avoid drinking during or shortly before a meal if it makes you feel too full to eat properly. Drink after your meal.
- ❑ **A little alcohol** before a meal can stimulate appetite, but check with your doctor or pharmacist especially if you are taking any medication.



Ideas for Nutritious Snacks and Meals

- ❑ ✓ Jacket potato with butter and a filling e.g. grated cheese, tuna & mayonnaise, baked beans
- ❑ ✓ Toast with butter & topping(s) e.g. cheese, beans, peanut butter, fried or scrambled eggs
- ❑ ✓ Sandwiches filled with meat, cheese or egg
- ❑ ✓ Cauliflower Cheese with green beans
- ❑ ✓ Meat pies or pastries with baked beans
- ❑ ✓ Sponge cake, fruit pies, stewed or tinned fruit with custard, cream or ice-cream
- ❑ ✓ Soup made with fortified milk with grated cheese added

