

4. Aim for 3 small meals a day and snacks in between. Little and often is more appealing for a small appetite

Examples of Snacks

Biscuits, scone, cake, crisps, nuts, dried fruit, mini cheese biscuits, mini pasties, cheese and biscuits, hummus, samosas, chocolate bar, small trifle, desert pot, creamy yoghurt, flapjack, mousse, toast spread with sweet toppings (lemon curd, jam, chocolate spread), toast spread with savoury toppings (pate, cream cheese, paste, peanut butter), crumpets, teacakes, scotch eggs, pork pie, sausage roll, cereals, milkshakes, cocoa, lassi.

5. You can buy Meritene Energis Soups or Shakes or Complan from your supermarket or chemist.

If you have any specific dietary concerns about diabetes, Coeliac Disease or renal disease, ask for further guidance from your G.P or Dietitian.

If you would like to discuss any information contained in this leaflet, please consult your doctor, nurse, dietician or community pharmacist

For comments on this leaflet please contact a member of the medicines management team on either:

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Big Nutrition for Small Appetites

If you are not eating very much and losing weight it is important to increase the calorie and protein content of your diet.

Fortifying foods will do this without increasing the amount you eat.

Big Nutrition for Small Appetites

You may need to fortify your diet if:

- You are underweight
- You have a poor appetite, are eating less and losing weight

If you are underweight:

- You can be more susceptible to health problems such as infections, tiredness and depression. Being underweight can also lead to avoidable hospital admissions
- Healthy eating guidelines of a low fat/low sugar diet are not appropriate for you
- Opt for full fat products
- Remember to try to have 8 cups of fluid per day
- A glass of fresh fruit juice is a rich source of vitamin C and can be helpful for healing wounds and sores

Here are **5 easy** ways to help you to add more calories and protein to your food.

1. **Make up a pint of fortified milk** (see recipe below) and use it for all your drinks, on cereals, to make puddings, sauces, soups, milk jellies and in other recipes that require milk. (A pint of this milk per day will significantly increase your calorie intake).

Fortified Milk



1. Take 1 pint of full cream/whole milk.
2. Add 4 tablespoons of skimmed milk powder to a small amount of milk and mix to a paste.
3. Top up with remaining milk from the pint.

Store in the fridge and use throughout the day

2. **Fortify other foods. Here are some suggestions:**

Food item	Adapting the recipe
Cereals e.g. Porridge	In porridge use fortified milk and add 2 tablespoons of double cream per portion Use Fortified milk on all breakfast cereals Add sugar, honey, or syrup to cereals and porridge
Toast, bread, sandwich	Add extra butter, preserves, mayonnaise.

Information compiled and presented by the dieticians from Derbyshire

Soup (tinned, dried or home-made)	Add 1 heaped tablespoon of milk powder and 2 tablespoons of cream to soup per portion.
Potatoes	Add an extra knob of butter / margarine. Also add 1 tablespoon of cream to mashed potatoes. Grated cheese can also be added.
Vegetables	Add 1 teaspoon of margarine / butter to 2 tablespoons of vegetables. Allow to melt.
Custard	Use fortified milk then add 2 tablespoons of cream per Portion.
Puddings	Add extra cream, custard made with milk, evaporated milk, jam, syrup, chocolate or fruit sauces.
Ice cream	Pour 2 tablespoons of cream over 1 scoop of ice cream.
Other	Use plenty of sugar, syrup, jam, peanut butter, lemon curd, chocolate spread, honey, mayonnaise, salad cream, butter.

3. **Choose high calorie drinks** – milky coffee, malted milk or hot chocolate using fortified milk.

Hot Chocolate drink

- 150mls (¼ pint) full cream milk
- 1 heaped tablespoon milk powder
- 4 tablespoons of cream
- 3 teaspoons of hot chocolate powder (or to taste)



Mix the ingredients together. Heat all the ingredients together in a saucepan or microwave. Add extra sugar if required.

Milkshake

- 200ml full cream milk
- 2 heaped tablespoons of skimmed milk powder
- Milkshake powder (Nesquick, Crusha)

Whisk milk and skimmed milk powder together.

Add flavourings /ice-cream to taste. Serve chilled



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