

Build Yourself Up

Nutrition and Dietetics Department

01932 722202



Patient Information

This leaflet provides advice on how to increase the protein and energy content of your diet if you have a poor appetite and need to gain weight.

It may not be suitable if you have diabetes or renal disease. If you have either of these conditions, speak to your doctor before using this information.

For specific individual advice ask your doctor to refer you to a Dietitian.

Do You Need Help?

- Have you lost weight recently without trying?
- Have your clothes, jewellery or dentures become loose-fitting?
- Are you losing your appetite?
- Are you eating less?
- Do you have any difficulties with swallowing food and drink?
- Have you had a recent illness or surgery that has affected your appetite?

If any of the above is true, you could be at risk of malnutrition.

Why Does This Matter?

Becoming malnourished makes it harder for you to fight infections, meaning you may:

- Become ill more easily.
- Lose muscle strength, therefore less able to do daily activities such as shopping, cooking and caring for yourself and others.
- Be at increased risk of falls, developing pressure sores and may find that any wounds you have will take longer to heal.
- Develop a low mood more easily and struggle to keep yourself warm in cold weather.

Adequate nutrition is especially important if you need surgery, have recently undergone surgery or are recovering from an infection.

What Should You Do About It?

Always tell your GP and/or community nurse – they will be able to offer you advice and if necessary arrange an appointment with a

Dietitian. Weigh yourself monthly and keep a record of your weight to help you and your GP keep track.

The best way to achieve weight gain is to:

- Eat **LITTLE AND OFTEN** - take small nourishing meals together with nourishing snacks and drinks between meals.
- **ENRICH** your meals, snacks and drinks with high energy/ high protein foods.

Avoid buying ‘diet’ or ‘low fat’ products as these are generally intended for people trying to lose weight.

Micro Nutrients (vitamins and minerals) are as important for us as energy and protein content of our foods. Trying to have adequate fruits and vegetables is important. The suggestions below should help increase intake of micro nutrients:

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| • Small glass of vitamin C containing squash or fresh fruit juice** | • Frozen berries with cereal, in smoothie or yoghurt |
| • Chopped banana**, dates or other dried fruit with cereal | • Apple, grapes, olives or cherry tomatoes with cheese or humus as a snack |
| • Add canned or fresh fruit to puddings** | • A portion of vegetables with meals** |
| • Vegetable or lentil soup ** | |
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*** These options are suitable if you are on “Easy to Chew” diet.*

Top Tips For Improving Your Appetite

- Avoid missing or skipping meals! If you don't feel like eating have a nourishing drink instead. Ask to see a dietitian if you are frequently missing meals.
- Aim for 3 small meals and 3 snacks every day.
- Use a smaller plate to avoid being overwhelmed by large quantities and present your food in an attractive way to tempt your appetite.
- Your favourite foods are likely to be more appealing- have these more often.
- Where possible take a little exercise and get some fresh air as this may help to improve appetite and general feeling of well-being and also aid digestion.

- If the smell of food is off-putting, make sure the room is well ventilated whilst cooking or avoid hot meals for a while. Cold options like sandwiches, quiche, frittata, hummus, ice cream, yoghurts and jelly can be just as nutritious as hot foods. You can also use convenience foods and ready meals.
- Give your food more flavour by adding herbs, smoked cheese or different sauces, spices and condiments.
- Avoid drinking too much fluid with your meals as this will make you feel fuller.
- Allow plenty of time for your meals.
- Make the most of 'good days' or good times of the day. Eat when you feel hungry or if you think you could manage something, even if it is not a meal time.
- Many high-protein milk, yoghurt and dessert products are widely available in supermarkets. These are good choices when you need extra nourishment– experiment with different varieties to find flavours or brands that you enjoy.

Fortify Your Foods

- Aim to use a pint of fortified milk every day.

Fortified Milk

Whisk together 3- 4 tablespoons of dried skimmed milk powder and 1 pint of full-fat milk. Store this in the fridge and use within one day. Use this milk in drinks, on cereal or to make soups, sauces and puddings.

- You can also use long life, evaporated or condensed milk.
- If you can't have dairy/ lactose- look for soya or hemp milk options (these may be lower in calorie and protein than their dairy alternatives).

Add extra energy by adding high calorie ingredients to food and drinks – suggestions listed below:

Add sugar*, jam or honey to:	Add ground almonds or nut butter to:
Cereal or porridge Puddings Hot drinks Milkshake/smoothies Glazed vegetables	Porridge Vegetable soups Sauces Smoothies

Add cheese** to:	Add skimmed milk powder to:
Sauces (aim for milky/creamy sauces) Pasta dishes/ pizza Soups Scrambled eggs/ omelettes Mashed potatoes Beans on toast/ jacket potato Vegetables Meat and fish	Use fortified milk in drinks, breakfast cereals and cooking: Porridge Mashed potatoes Sauces Custard Milk puddings Creamy soups Milkshake/ smoothies

If there are any health concerns which have previously required diet restrictions you should discuss whether you still need to limit these with a health professional.

**sugar in your diet e.g. diabetes*

*** fat in your diet, e.g. high cholesterol*

**If you are a vegan or can't have dairy products, then please substitute these with suitable plant based alternatives i.e. coconut cream/ soya milk and yoghurts, dairy free cheese.*

Some Other Tips

Meat and Fish	Keep a stock of frozen meat, chicken, fish, ready meals and fish fingers.
Soups	Canned or packet varieties are a store cupboard staple. Fresh or homemade soup can be frozen in batches, ready to defrost and reheat when needed.
Sauces	Jars or packets of creamy, cheesy or curry sauces. Make packet sauces with milk and add cheese or cream to make them more nourishing.
Flavourings	Garlic, ginger, lemongrass, chilli and fresh herbs all come prepared in jars, tubes or frozen. This makes preparation simpler and keeps them fresh for longer.
Starchy food	Instant or frozen mashed potato, microwave/oven chips, croquettes, wedges, potato waffles. Crackers, biscuits, breakfast cereals. Canned pasta, potatoes, beans, pulses, lentils. Rice, dried pasta. Ready to use grains from pouches like rice, quinoa, lentils, couscous.
Vegetables	Frozen or canned are just as nutritious as fresh.
Fruit	Frozen, canned fruit in syrup, dried fruit.
Puddings	Cans or packets of instant milk pudding, condensed milk and sponge puddings.
Spreads and butters	Nut butters, chocolate spread, pate, hummus, guacamole, soft cheese and jam.
Drinks	Fruit squash, long-life fruit juice, drinking chocolate or malted drinks like Horlicks or Ovaltine made with fortified milk.

Meal Suggestions

Breakfast

- Porridge or cereal e.g. Shreddies or Weetabix with full-fat milk (soaked in milk**), with honey or golden syrup.
 - Fruit smoothie made with added oats**.
 - A roll filled with poached or scrambled egg, smoked salmon and cream cheese, smashed avocado or banana.
 - A glass of fresh fruit juice or vitamin C containing squash**.
 - Toast (soft bread for Easy to chew option) with peanut butter, cream cheese, butter/spread and jam, marmalade, chocolate spread or scrambled egg.
 - Oats with Greek yoghurt or milk**.
 - A glass of full-fat milk and breakfast biscuits with cream cheese or butter/spread.
 - Scrambled or poached eggs, or an omelette**.
 - Soft fruits like stewed apple or mashed banana with yoghurt or cream**.
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Lighter Meals

If you are not managing a main meal, try to have 2 or more lighter meals as well as breakfast.

- Toast (soft bread for Easy to chew option) with scrambled egg, soft cheese, baked beans, mackerel, sardines or mackerel/salmon pâté**.
 - Sandwich, roll or jacket potato (flesh only**) with butter and filled with cheese, egg mayonnaise, cold meat, tuna, mayonnaise, hummus or canned fish.
 - Breadsticks, pitta or oatcakes with guacamole or humus.
 - Pitta or a wrap filled with falafel and salad.
 - Macaroni or cauliflower cheese**.
 - Ravioli with pesto or other sauces that you enjoy**.
 - Soup served with a buttered roll or sandwich. For easy to chew liquidise the soup if needed and remove the crust of bread and break the remaining bread in to the soup**.
 - Canned, homemade, packet or cup-a-soup made with hot milk, fortified with cream, cheese or oil**.
 - Omelette**, quiche or frittata**.
 - Scrambled egg with smoked salmon and avocado**.
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Main Meals

- Use ready meals or batch cook your own favourites to make mealtimes simple.
- You can have any of your favourite meals like lasagne, spaghetti Bolognese, pies, risottos, curries, steaks and dumplings as main meals.

Fluid

Fluid intake is essential. Not taking enough fluids can lead to problems with dehydration and constipation. Aim for about 1.5-2 litres (3 pints) of fluid a day (unless advised differently).

Need A Ready-Made Meal?

Meals on Wheels services are available through Surrey Adult Social Care (0300 200 1005), or through companies such as Wiltshire Farm Foods (0800 077 3100), or Oakhouse Foods (0333 370 6700).

Why not try a microwave meal from your local supermarket.

Most supermarkets now provide a delivery service for those who are unable to travel or transport their shopping.

Puddings

Try to have 1-2 desserts per day. If you feel full after your first course you could have dessert a little later.

- Chocolate or fruit flavour mousse**.
- Creamy yoghurts or full fat fruit yoghurt or Greek yoghurt**.
- Jellies or instant puddings made with fortified milk, evaporated or condensed milk**.
- Fresh, tinned or stewed fruit with ice cream, cream, custard or evaporated milk**.
- Chocolate sponge cake** or Crumble or sponge** or fruit pie with custard or cream.
- Rice or ground rice pudding with a spoonful of jam, golden syrup, honey**.
- Slice of cheesecake.
- Sticky toffee pudding with clotted cream**.
- Trifle**.
- Lemon meringue pie.
- Bread and butter pudding**.
- Chocolate melts and chocolate pots**.

Tips:

- Use yoghurt, ice cream, cream, or evaporated or condensed milk to add extra calories.
- Milk puddings and custards can be made with fortified milk.
- Individualised desserts in cans and pots are available for stocking in cupboard and fridge.

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Snacks

Sweet Snacks	Savoury Snacks
<ul style="list-style-type: none">● Porridge or cereal with fortified milk**● Stewed fruit with cream**● Full fat yoghurt (can be fruity or add tinned fruit) or drinking yoghurt**● Glass of fortified full cream milk/ flavoured milk**● Plain scone** or fruit scone with clotted cream and jam● Fruit bread/ tea cake/ hot cross bun/malt loaf toasted with full fat margarine or butter● Fruit smoothie**● Cake**● Biscuits● Bar of chocolate**● Mousse**● Mini trifle**	<ul style="list-style-type: none">● Mini Quiche● Mini pork pies● Scotch eggs● Cocktail Sausages● Sausage rolls● Breadsticks with full fat humus or soft cheese● Toast with full fat margarine, butter, marmite, smooth peanut butter, baked beans, soft cheese, fried or scrambled egg** (soft bread for Easy to chew option and no fried egg)● Nourishing creamy soup**● Cheese scone with full fat margarine or butter**● Bowl of creamy soup with slice of bread and butter**● Falafel **● Garlic bread● Nuts● Crisps

Sweet Snacks	Savoury Snacks
<ul style="list-style-type: none"> ● Dried fruit and nuts. ● Milky puddings e.g. rice pudding, ground rice pudding, tapioca with a teaspoon of jam, honey or syrup** ● Jelly with cream or ice cream** ● High protein bars ● Custard** ● Angel delight/ strawberry whirl** ● Dried fruits ● Marshmallows ● Toasted crumpets or bread with butter and jam or honey 	<ul style="list-style-type: none"> ● Savoury biscuits e.g. oat cakes or crackers with full fat margarine or butter and a topping such as ham, peanut butter, soft or hard cheese or pâté ● Mini cheddars or crackers with cheese ● Sandwiches with tempting fillings such as ham, coronation cheese, cheese, boiled egg, egg mayonnaise, tuna mayonnaise or sardines** ● Toasted crumpet** or bagel or croissants with butter or soft cheese ● Individual packet of tortilla chips with cheese dip ● Small meat pies or pasties ● Cheese straws or snack cheeses (e.g. Babybel, Cheestrings, Dairylea triangles, cheese slices)

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Suggested Meal Plan

Breakfast	<ul style="list-style-type: none"> • Porridge or cereal with fortified milk, sugar or honey and chopped fruit e.g. banana **. • And/or Toast (soft bread for Easy to chew option) with margarine/ butter/ peanut butter/ chocolate spread and jam or scrambled egg**. • Small glass of fruit juice or fruit smoothie with handful of oats added either on top or in the blender with yoghurt/ milk and fruits**.
Mid-morning snack	Milky drink with a suitable snack from snack list**.
Lunch	<ul style="list-style-type: none"> • Fish**, meat or chicken** in a creamy sauce with mashed potato and vegetables with added olive oil or margarine/butter. • Rice pudding or ice cream and jelly**. • Or Meritene Energis, Complan soup or any other fortified milkshake if unable to manage food**.
Mid-afternoon snack	Milky drink with a snack from snack list**.
Evening Meal	<ul style="list-style-type: none"> • Soup** with added milk, cream, meat or cheese <p>WITH ONE OF THE FOLLOWING:</p> <ul style="list-style-type: none"> ○ Sandwiches with egg, tuna, meat or cheese**. ○ Tinned beans, sardines, cheese, eggs on toast**. ○ Cheese, tomato and avocado toastie**. ○ Milk pudding or tinned fruit with custard or ice cream and jelly**.
Bedtime Snack	Hot chocolate, cocoa or Horlicks made with fortified milk**.

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Goals/ Suggested Changes:

1. _____
2. _____
3. _____
4. _____
5. _____

If you have been given this leaflet and have any questions or queries please discuss these with the medical team overseeing you/your relative's care.

Helpful Literature: Ask the person who gave you this leaflet for **Nourishing Drinks and Puddings** leaflet.

To monitor ongoing weight / weight loss please refer to the following BAPEN Malnutrition Self-Screening Tool:

<https://www.malnutritionselfscreening.org/self-screening.html>

USEFUL WEBSITES

The British Dietetic Association

<http://www.bda.uk.com/>

Mind the Hunger Gap

<http://www.mindthehungergap.com/>

The British Dietetic Association

www.bda.uk.com/foodfacts/MalnutritionFactSheet.pdf

Malnutrition Task Force – Advice for eating and drinking well

www.malnutritiontaskforce.org.uk

Further Information

We endeavour to provide an excellent service at all times, but should you have any concerns please, in the first instance, raise these with the Clinical Nurse Leader, Senior Nurse or Manager on duty. If they cannot resolve your concern, please contact our Patient Experience Team on 01932 723553 or email asp-tr.patient.advice@nhs.net. If you remain concerned, the team can also advise upon how to make a formal complaint.

Author: Dietitians

Department: Nutrition and Dietetics

Version: 7

Published: June 2020

Review: May 2022



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আপনার অনুবাদের দরকার হলে এখানে যোগাযোগ করুন : 01932 723553

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Jeżeli chcemy, aby te informacje w innym języku, proszę zadzwonić 01932 723553

Ashford Hospital
London Road
Ashford, Middlesex
TW15 3AA
Tel: **01784 884488**

St. Peter's Hospital
Guildford Road
Chertsey, Surrey
KT16 0PZ.
Tel: **01932 872000**

Website: www.ashfordstpeters.nhs.uk