



## USEFUL WEBSITES

The British Dietetic Association

- <https://www.bda.uk.com/>
- <https://www.bda.uk.com/news-campaigns/campaigns/malnutrition.html>
- <https://www.bda.uk.com/food-health/food-facts/all-food-fact-sheets.html>

Malnutrition Task Force - Advice for eating and drinking well

- <https://www.malnutritiontaskforce.org.uk/>

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### 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](mailto:asp-tr.patient.advice@nhs.net). If you remain concerned, the team can also advise upon how to make a formal complaint.

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**This leaflet provides advice on how to increase the protein and energy content of your diet if you have a poor appetite or require support for weight maintenance/gain.**

**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.**

## 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>

## 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, making daily activities such as shopping, cooking, and caring for yourself and others more difficult
- Be at increased risk of falls and developing pressure sores. You may find that any wounds you have will take longer to heal if you are malnourished
- Develop a low mood more easily and struggle to keep yourself warm in cold weather.









<b>Add cheese, butter or oil ** to:</b>	<b>Add skimmed milk powder to:</b>
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.

## 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, 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.

\*\* These options are suitable if you are on "Easy to Chew" diet.



## 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). This usually equates to 8-10 cups of fluid per day.

## 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 or organise an online grocery shop if this is more convenient as most supermarkets now provide a delivery service for those who are unable to travel or transport their shopping.

## 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. Soup can be fortified with butter, cream, cheese, milk powder or oils.
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, etc. 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

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- Porridge or cereal e.g., Shreddies or Weetabix with full-fat milk/fortified milk (soaked in milk\*\*), with honey or golden syrup.
  - Fruit smoothie made with added oats/ nut butters\*\*.
  - A roll filled with poached or scrambled egg, smoked salmon, and cream cheese, smashed avocado or banana.
  - Porridge or cereal e.g., Shreddies or Weetabix with full-fat milk/fortified milk (soaked in milk\*\*), with honey or golden syrup.
  - 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 full fat/fortified milk\*\*.
  - A glass of full-fat milk and breakfast biscuits with cream cheese or butter/spread.
  - Scrambled or poached eggs, or an omelette\*\*.
  - Toast (soft bread for Easy to chew option) with peanut butter, cream cheese, butter/spread and jam, marmalade, chocolate spread or scrambled egg.
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\*\* These options are suitable if you are on "Easy to Chew" diet.

## Lighter Meals

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

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- Toast (soft bread for Easy to chew option) with scrambled egg, soft cheese, baked beans, mackerel, sardines or mackerel/salmon pâté\*\*.
  - Breadsticks, pitta or oatcakes with guacamole or humus.
  - Macaroni or cauliflower cheese\*\*.
  - 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\*\*.
  - Sandwich, roll or jacket potato (flesh only\*\*) with butter and filled with cheese, egg mayonnaise, cold meat, tuna, mayonnaise, hummus or canned fish.
  - Pitta or a wrap filled with falafel and salad.
  - Ravioli with pesto or other sauces that you enjoy\*\*.
  - 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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