

Nutrition Support

You have been given this leaflet to help boost your nutritional intake, possibly because you have unintentionally lost weight recently or are struggling to gain weight.

The advice in this leaflet can be confusing, because it is opposite to the healthy eating advice that you hear so much about these days. At the moment though, your priority is to prevent further weight loss or possibly to gain some weight. If you are continuing to lose weight after following this advice, contact your GP or dietitian.

Aim for: 3 fortified meals, 2 nourishing snacks and 1 pint of fortified milk each day. This is called the *3,2,1 approach* and it will help to increase your energy and protein intake.

Top tip!

Fortify ALL meals with a food booster to increase the energy & protein content without increasing the volume.

Food Booster	Portion Size	Calories	Add to...
Double cream	2 tablespoons (30ml)	140	Mashed potato, puddings, sauces, soups, fruit salad, milky drinks
Cheese	Matchbox size (30g)	120	Mashed potato, vegetables, crackers, crumpets, sandwiches, toast
Butter	1 teaspoon (10g)	75	
Oil	1 tablespoon (15ml)	120	Pasta, salad, vegetables, mashed potato
Peanut butter	1 tablespoon (15g)	100	Crumpets, toast, sandwiches, banana, rice cakes
Jam/Honey	1 tablespoon (15g)	45	Crumpets, toast, porridge, rice pudding
Full fat	1 tablespoon (15g)	100	Sandwiches, salad, vegetables, potatoes
Milk powder	1 tablespoon (10g)	35	Mix into yoghurt, custard, milk, milky puddings

Choose 2

Aim to have **2 Nourishing snacks** each day between meals, this can help prevent weight loss and promote weight gain.

About 100-150 calories

- 5 Cocktail sausages*
- 3 Mini sausage rolls
- 1 Salami stick (22.5g)*
- 1 Boiled egg with 1 tbsp. mayonnaise*
- 1 Small packet of crisps (25g)
- 1 Mini Swiss roll or a jam tart
- 2 Digestive biscuits
- 3 Rich tea biscuits
- 2 Bite-sized flapjacks
- 2 Scoops (90g) dairy ice-cream
- 125g Pot of soya dessert

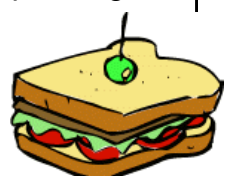
About 200 calories

- 1 Mini pork pie (50g)*
- 2 Vegetable spring rolls (80g)*
- 30g Cheese with 3 crackers
- ¼ Quiche (100g)**
- ½ Avocado on 1 slice of toast
- 1 Slice of cake
- 2 Shortbread fingers
- 1 Crumpet with butter & jam
- 1 Jam doughnut / cream cake
- 145g Pot of trifle
- 125g Pot of luxury yoghurt*
- 150g Full fat yoghurt*

About 300 calories

- Pitta bread with 50g hummus*
- Sandwich (2 slices of bread, butter, meat / cheese / egg)**
- 1 Small bag (50g) peanuts**
- ¼ 12" Pizza
- 1 Scotch egg (113g)**
- 40g Pate on 2 slices toast**
- 2 Slices smoked salmon with 60g cream cheese**
- 1 Scone with butter & jam
- 1 Individual sponge pudding*

*Contains more than 5g protein per portion ** Contains more than 10g protein per portion
N.B. tbsp. = tablespoon



Fortified Milk

Boost the nutrition in your milk using the recipe below. Aim to have 1 pint per day. Contains 563 kcals and 44g protein per pint!

Ingredients:

- 1 pint whole (4%) milk
- 4 tablespoons dried milk powder e.g. supermarket own brand, Marvel Original (other brands are available). Dried milk is found in the baking, cereal or coffee aisles in the supermarket

Method:

1. Put the milk powder into a jug.
2. Add a small amount of whole milk and mix into a paste.
3. Add the remaining milk and stir.

Keep refrigerated for up to 24 hours. Use as normal milk and in the recipes below.

Nourishing drinks

Fruit Smoothie

- 1 glass (200ml) fruit juice of choice
- Fresh/frozen fruit of choice
- 1 scoop ice cream/ coconut or soya cream
- 1 teaspoon of honey
- 2 x 5g sachets of egg white powder

Method: Use a blender to mix all ingredients together until smooth.

Milkshake

- 1 glass (200 ml) fortified milk (recipe above)
- 1 scoop ice cream or 2 tablespoons double cream*
- Milkshake powder or syrup to taste

Method: Whisk all ingredients together until frothy and serve. (*N.B. Replace ice-cream with (50g) Skyr or Greek yoghurt for a yoghurt style drink).

Fortified Soup

- 1 packet of cup a soup
- 1 mug (200ml) fortified full fat milk (warmed)

Method: Empty contents of soup packet into mug and add warm fortified milk. Mix well with a fork.

Handy Hints to Improve Your Intake

- If your appetite is better at certain times of the day, try to eat more at these times.
- Keep snacks that are ready to eat close to your chair, bed or in your pocket.
- **Little and often** - Serve smaller portions of your meal on a large dinner plate to prevent feeling overwhelmed, you can always have more.
- Try ready meals: they can be cooked quickly and do not take a lot of preparation.
- Cook extra portions of meals in advance and freeze them for use another day.
- **Keep a stock** of ready meals or tinned foods in case you cannot get to the shops.
- Have at least **two nourishing drinks per day**, e.g. milk, milky coffee, hot chocolate or malted drinks (see nourishing drinks ideas above or visit www.iow.nhs.uk/Dietetics/nutrition-support.htm for more nourishing drink recipes.).

For further information or to provide feedback please contact: iownt.dietetics@nhs.net

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