

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.

Try the 3, 2, 1 approach: 3 fortified meals, 2 nourishing snacks and 1 pint of fortified milk each day

If you are continuing to lose weight after following this advice, please contact your GP or other healthcare professional who may seek advice from or refer you to a dietitian.

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Fortify ALL meals with food boosters to increase the energy & protein content without increasing volume. If larger portions are overwhelming, aim to have 3 smaller meals a day.

Food Booster	Portion Size	Calories	Add to..
Double cream	Two 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	One teaspoon (10g)	75	
Oil	One tablespoon (15ml)	120	Pasta, salad dressing, mashed potato, use for frying
Peanut butter	One tablespoon (15g)	100	Crumpets, toast, sandwiches, banana, rice cakes
Jam/Honey	One tablespoon (15g)	45	Crumpets, toast, porridge, rice pudding
Full fat mayonnaise	One tablespoon (15g)	100	Sandwiches, salad, vegetables, potatoes
Milk powder	One tablespoon (10g)	35	Mix into yoghurt, custard, milk, milky puddings

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Have 2 Nourishing snacks each day between meals. A little and often approach 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
150g Pot of rice pudding*

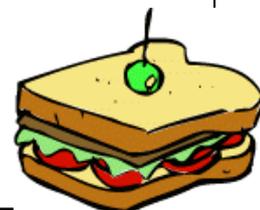
About 200 calories

1 Mini pork pie (50g)*
2 Vegetable spring rolls (80g)*
1 Sausage roll (60g) with 1 tbsp. tomato sauce*
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*

About 300 calories

Pitta bread with 50g houmous*
Sandwich (2 slices of bread, butter, meat / cheese / egg)**
1 Small bag (50g) peanuts**
¼ 12" Pizza
1 Scotch egg (113g)**
40g Pâté 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



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Have **1 pint of fortified milk** each day. This can be used as normal milk and can also be used in the nourishing drinks recipes below.



1 pint whole
4% milk



4 tablespoons of dried milk powder
(found in the supermarket baking, cereal or coffee aisle)



Method: Mix the powder to a paste with a little cold milk, then mix in the remainder. Use as normal milk.

Nourishing Drinks

Fruit Smoothie

- 1 glass (200ml) full cream milk
- ½ small carton thick and creamy fruit yoghurt
- 1 scoop ice cream
- 1 teaspoon of honey
- Soft fruit of your choice

Mash the fruit with a fork. Mix all ingredients together, stir well or use a blender.

Milkshake

- 1 glass (200 ml) fortified milk (recipe above)
- 1 scoop ice cream
- 2 tablespoons milkshake powder or syrup

Whisk all ingredients together until frothy and serve. (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 (warm)

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

Fruity Float

- ½ glass (100ml) fresh fruit juice
- ½ glass (100ml) lemonade
- 1 scoop (60g) ice cream

Mix together with a fork, whisk or blender and serve.

Handy Hints to Improve Your Intake:

- If your appetite is better at certain times of the day, try and eat more at these times.
- Keep snacks that are ready to eat close to your chair, bed or in your pocket.
- Serve smaller portions of your meal on a large dinner plate to prevent feeling overwhelmed – you can always have more.
- Try ready-made 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 made 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).

Leaflet produced by the community dietitian working with the Isle of Wight CCG and Isle of Wight NHS Trust. For further information or to provide feedback please contact: iow.dietetics@nhs.net We are committed to making our publications as accessible as possible. If you need this document in an alternative format, for example, large print, braille or a language other than English, please contact printingservices@iow.nhs.uk or speak to a member of the dietitians department.