

# NOURISHING FOOD IDEAS



If you have a poor appetite or have lost weight, then it is important to ensure that the food you eat is as nourishing as possible. You will need to eat a variety of foods, choosing higher calorie options when possible.

Little and often is the key.....

## Each day, include:

- ✓ 3 small meals + 2-3 snacks or milky drinks
- ✓ Some bread, rice, pasta, cereal, potatoes or chapatti at each meal
- ✓ Meat, fish, eggs, cheese, yogurt, lentils or beans twice each day
- ✓ Some fruit, vegetables or fruit juice at each meal

## Make your food more nourishing

- ✓ Milk – add 3 tablespoons of milk powder to a pint of full cream milk. This can be used to replace ordinary milk
- ✓ Cereals – try adding one or more of the following: evaporated milk, cream, yogurt, syrup, honey, sugar, fresh or dried fruits
- ✓ Sauces & soups – try adding one or more of the following: butter, cream, evaporated milk, milk powder, grated or cream cheese, cooking oil, margarine, croutons, pasta, noodles or rice
- ✓ Vegetables and salad – add grated cheese, butter, margarine, mayonnaise or salad cream
- ✓ Puddings – try adding one or more of the following: ice cream, cream, evaporated milk, custard, chocolate sauce, jam, syrup, treacle, fresh or dried fruit

## Snack Ideas:

- Crisps, dried fruit & nuts
- Slice of cake, doughnuts
- Chocolate & Biscuits
- Crackers or breadsticks with cheese or dips
- Creamy yogurts, fromage frais, chilled desserts e.g. mousses & trifles
- Milky drinks e.g., hot chocolate, malted milk drink & milkshakes



'Meritene' & 'Complan' are fortified drinks sold in chemists & supermarkets; they are available in sweet and savoury flavours and may also be used to add to puddings & soups.

**N.B. Weigh yourself at home weekly; if you start losing or continue to lose weight speak to your GP, practice nurse or district nurse.**