



Recovering from illness can make you feel very tired and weak. Although this is common, it can make eating very difficult and you may feel like you can't be bothered to eat.

It is important for your treatment that you still try to eat as well as you can. This advice leaflet will give you ideas on what to eat if you are suffering from this problem. It is unlikely that you will be able to eat as much food as you did and so it is important that you choose full fat varieties of food and avoid buying anything that says 'diet'.

You can also look at the 'Eat well with a small appetite' leaflet to get more ideas on how to provide additional nourishment.

Available at: [www.lnds.nhs.uk](http://www.lnds.nhs.uk)

The following are tips to help when you are too tired to cook:

- If possible ask a relative or neighbour to do your shopping for you. Make a detailed list of what you need.
- If there is a milk-man in your area, then think about having your milk delivered. Also ask about what other things they deliver such as eggs, bread and juice.

### **Tinned and packets of easy to prepare foods in your cupboard:**

- Breakfast cereals (can be eaten at any time of the day).
- Tinned or packet soup. Make these up with full cream milk or try a 'Build Up' or 'Complan' soup
- Savoury foods such as tinned curry, tinned Bombay potatoes, chicken in sauce, vegetable chilli.
- Ready to eat rice or chickpeas.

- Tinned pasta dishes such as macaroni cheese, vegetable or meat ravioli.
- Tinned or powdered potatoes such as 'Smash'. Add butter or margarine to increase the energy content.
- Tinned vegetables and baked beans.
- Tinned milk puddings such as sago, custard, Rice pudding, semolina.
- Tinned fruit and evaporated or condensed milk.

### **Fridge Snacks:**

- Milk, milk shakes such as 'Frijj', 'Cadbury' and 'Mars' milkshakes
- Full fat yogurts, mousses, crème caramel and trifles.
- Rolo', 'Dairy Milk', 'Aero', 'Milky bar' etc - there are lots of different types of desserts available.
- Cheese - cheddar, spreading, triangles - eat with crackers and butter.
- Savoury snacks that include crackers and cheese such as 'lunchables', dippers and Philadelphia.
- Fruit juice.

### **If you have a freezer:**

- Try frozen ready meals.
- Ready meals frozen food suppliers such as: Wiltshire farm foods or Oakhouse Foods can provide a delivery service of readymade meals. Vegetarian and ethnic meals available.  
Wiltshire farm foods: Phone 0800 077 3100  
Oakhouse Foods: Phone 0333 370 6700

Ask your Occupational Therapist or Nurse about this





- Supplement drinks are available to buy from supermarkets and Chemists.  
Examples of these are:
  - **'Complan'** - Chicken soup. Original, strawberry, vanilla, banana or chocolate milkshake powders
  - **'Meritine'** – Chicken or vegetable soup. Strawberry or chocolate milkshake powders or readymade bottle.

If you are having difficulty in preparing food, you may be entitled to extra help – such as mobile meal services or home help.

This would be assessed on an individual basis. Ask your nurse, occupational therapist or social worker if you would be suitable for an assessment.

If you have any queries or require further advice then please speak with your Dietitian / Nurse / Doctor.

Notes

