

#weareNHFT



Northamptonshire Healthcare  
NHS Foundation Trust

# EATING WELL WITH DIABETES AND A SMALL APPETITE



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 [nhft.nhs.uk/dietetics](https://nhft.nhs.uk/dietetics)



**MAKING A  
DIFFERENCE  
FOR YOU,  
WITH YOU**

## INTRODUCTION

Eating well helps you to avoid losing weight and helps your body to re-build tissues, fight infection and cope with the side-effects of any treatment you may be having while enabling you to control your diabetes.

If you are not eating well, try some of the following tips to help you eat more:

- Small frequent meals and snacks
- Increase your fat and protein intake
- Make your food more nourishing

## IF YOU HAVE A REDUCED APPETITE

- Make the most of the times when you do feel hungry, keep snacks handy to graze on. Don't be afraid to eat at odd times of the day or night
- Have small frequent meals and snacks every few hours during the day
- Let someone else do the cooking if you can. The smell may affect your appetite. If you prepare food yourself, use foods that are easy to prepare e.g. frozen foods or ready meals, tinned food, instant mash
- Avoid filling yourself up on too much fluid before a meal
- Take a short walk outside if you feel like it before a meal as fresh air can help stimulate your appetite
- Try to relax and enjoy what you eat. Take your time and chew your food well
- It is better to continue to limit sugar where possible, however it is important to eat the foods that you like rather than being too restrictive. For example having a small amount of jam on your toast is better than not eating toast at all

## HOW TO MAKE FOOD MORE NOURISHING

- Use plenty of butter or margarine on bread, toast, scones, crumpets, malt loaf, tea-cakes, crackers
- Be generous with the amount of butter, margarine and oil that you use in cooking
- Fortify soup by adding grated cheese, double cream, milk powder, creme fraiche
- Fortify potatoes and vegetables by adding mayonnaise, grated cheese, double cream, butter or margarine or add milk based sauces
- Use milk powder such as Marvel or supermarket own brand to cereals, porridge, sauces and milky puddings such as rice pudding, custard, yogurts, angel delight/dessert, milky whip
- Serve with cream or add evaporated milk to tinned fruit, instant pudding, yoghurt or porridge

## NOURISHING DRINKS AND SUPPLEMENTS

- A glass of full cream milk
- Use full cream milk and fortify one pint by adding 2 – 4 tablespoons of milk powder. Use in drinks, on cereals or in cooking. Use this to make up drinks such as Horlicks/malt drinks, Ovaltine, Hot Chocolate, Cocoa, Nesquik/Crusha milk shakes along with teas and coffee
- Try packet soups between meals and add grated cheese, double cream or milk powder
- Ready made milkshakes from the supermarkets
- Try over the counter supplements such as Meritene (Build-up), Aymes, Nurishment or Complian – available as milk shakes and soups (available from chemists or supermarkets)
- For some people it may be necessary to use prescribed liquid nutrition products. Your Dietitian will discuss this with you if this applies to you

## SNACK IDEAS

- Buttered croissants, oatcakes, scones, fruit loaf, currant bread, crumpets, tea cakes, muffins, pitta bread with butter, peanut butter or full fat cream cheese
- Plain biscuits e.g. Rich Tea, Morning Coffee, oat biscuits, digestives, Fig Rolls
- Toast with butter, peanut butter, avocado, cream cheese or bread sticks and hummus or crackers, crispbreads, ricecakes, flatbreads
- Savoury snacks e.g. popcorn, rice cakes, cheese portions, peanuts, crisps or mini cheddars, cheese and biscuits
- A sandwich with a protein filling e.g. cheese, meat or egg, tinned fish, peanut butter, hummus
- A bowl of cereal or porridge made with full fat milk or served with thick and creamy yoghurt
- Sugar free jelly made with evaporated milk
- Breakfast cereals
- Samosas, bhajis, pakoras, falafel, sausage rolls or scotch eggs

## HELPFUL HINTS

- Even if you are feeling unwell, you must try to eat and drink regularly, if you take tablets or insulin to help control your diabetes
- You should aim to eat a starchy food such as bread, potatoes, pasta, rice, cereals at each meal
- Remember your blood sugar levels can become raised during illness or infection even if you are not eating well
- If you are unable to control your blood sugar levels or you find you cannot eat at all, contact your doctor or diabetes nurse as your tablets or medication may need adjusting

Dietitian

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Telephone No

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