

#weareNHFT

DIET INFORMATION IN ADULTS

IMPROVING YOUR FOOD INTAKE WHEN YOU HAVE A POOR APPETITE



☎ 01604 745036 (Northampton)

☎ 01536 492317 (Kettering)

🌐 nhft.nhs.uk/dietetics



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

If you are unable to eat a full meal, eat little and often. Aim for three small meals and include nourishing snacks between meals and at bedtime if possible. Use full fat varieties.

It is beneficial to try and have one pint of milk (ideally full fat) per day. You can use this in cereal, sauces and drinks. If you do not like milk, other nutritious drinks such as full sugar squash, fresh fruit juice, and fruit smoothies are good alternatives.

IDEAS TO MAKE FOODS MORE NOURISHING

SOUPS	Add milk Cream Croutons Grated cheese
VEGETABLES AND SALADS	Add butter White sauce Grated cheese Mayonnaise Salad dressings
DESSERTS	Add custard Cream Evaporated milk Icecream, honey, jam, syrup Sugar
SANDWICHES	Spread fillings thickly, use mayonnaise with egg or tuna or cheese. Peanut butter, jam, marmalade, chocolate spreads are high calorie fillers
ENRICHED MILK	To one pint of full fat milk add 2-4 tablespoons dried milk powder and use on cereals, drinks and cooking

NOURISHING DRINKS

- Full fat milk
- Hot chocolate/malted milk drink
- Milk shake or smoothies
- Fruit juice
- Full sugar fizzy drinks/glucose drinks
- Yoghurt style drinks
- Latte/cappuccino/mocha- hot or cold
- High protein breakfast drinks



SAVOURY SNACKS

- Pasty
- Onion Bhaji
- Pork pie
- Sausage roll
- Sandwich
- Scotch eggs
- Cheese and biscuits
- Quiche
- Pizza slice
- Macaroni cheese
- Bag of nuts
- Bombay mix
- Peanut butter on toast
- Cheese on toast
- Crisps



BREAD AND CAKE SNACKS

Scone with jam
Crumpets
Tea cakes
Cake / fruit cake
Chelsea bun
Bakewell slice/Almond slice
Angel cake
Sponge
Apple pie
Scotch pancakes
Flapjacks
Banoffee pie
Lemon Meringue pie
Treacle tart/Lemon tart
Danish pastry



PUDDING TYPE SNACKS

Cheesecake
Ice cream sundae
Profiteroles
Thick and creamy yoghurt
Mousse
Egg Custard
Semolina or Tapioca
Instant Whip or Blancmange
Bread and butter pudding
Ice cream, Choc ice and
Luxury ice cream (add flavoured syrup
for additional calories)
Chocolate bar
Crème caramel
Rice Pudding
Trifle



HOMEMADE MILKSHAKE

200ml full cream milk
1 tablespoon single cream
2 - 4 tablespoons milk powder
Flavouring such as Nesquik, Crusha or store brand
Blend well
300kcal 13 grams of protein



HOMEMADE HIGH CALORIE JUICE DRINK

200ml orange juice
3 pieces fresh fruit or 10 tablespoon frozen or ½ tin of tinned fruit
1 tablespoon honey or golden syrup
Blend well with 260kcal 2 grams protein
Blend well with 300kcal 13 grams protein



NUTRITIONAL SUPPLEMENTS AVAILABLE OVER THE COUNTER OR ONLINE

Powders mixed with 200ml full cream milk (sweet flavours)

Product		Presentation	Where to purchase and cost per sachet
Complan [®]	380kcal 15.3g protein	1 box of 4 x 55g sachets in a single flavour : banana, chocolate, strawberry, vanilla.	Supermarkets, pharmacies Online – e.g. Chemist Direct 77p - 83p depending on retailer
Aymes Retail [®]	265kcal 15g protein	4 x 38g sachets banana, strawberry, chocolate, vanilla	Unlikely to be on shelf so request with pharmacist 74p
Complan [®]	380kcal 15.3g protein	1 box of 4 x 55g sachets in a single flavour : banana, chocolate, strawberry, vanilla.	Supermarkets, pharmacies Online – e.g. Chemist Direct 77p - 83p depending on retailer



Powders savoury soup flavours when made up with water

Product		Presentation	Where to purchase and cost per sachet
Meretine [®] Energis Soup (formerly known as Build-Up)	207kcal 7.5g protein	10 x 50g sachets Chicken or vegetable flavour	Online – e.g. chemist Direct £1.41 - £1.49
Complan [®] Soup	243kcal 8.7g protein	1 box of 4 x 55g sachets, chicken flavour only.	Supermarkets, pharmacies Online – e.g. Chemist Direct 75p - 83p depending on retailer
Aymes [®] Retail	207kcal 8g protein	4x 49g sachets chicken flavour only	Unlikely to be on shelf so request with pharmacist 74p

Ready to drink

Product		Presentation	Where to purchase and cost per sachet
Nurishment Original [®]	408-462 kcal 20g protein	400g can flavours: banana, cherry, chocolate, mango, mocha, peanut, raspberry, strawberry, vanilla	Supermarkets £1.00 - £1.30 depending on retailer

As this advice will increase the sugar content in your diet, brushing your teeth a minimum of twice daily will prevent tooth decay.

**** Please note:** If you have Diabetes, this advice may cause an increase in your blood sugars. Should this occur, please contact your surgery (Practice nurse, Diabetes nurse or GP).

Dietitian

Telephone No



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If you require this leaflet in other formats or languages please contact PALS: 0800 917 8504

এই লিফ্লেটটি যদি আপনার অন্য কোনো ফরম্যাটে বা ভাষায় প্রয়োজন হয়, তবে অনুগ্রহ করে 0800 917 8504 নম্বরে পালস এর সাথে যোগাযোগ করুন

Jej šią skrajutę norite gauti kitu formatu ar kalba, kreipkitės į PALS: 0800 917 8504

Jeżeli są Państwo zainteresowani otrzymaniem tych informacji w innym formacie lub języku,

prosimy o kontakt z PALS pod numerem telefonu 0800 917 8504.

Dacă aveți nevoie de acest prospect în alte formate sau limbi, vă rugăm să contactați PALS: 0800 917 8504

Если Вы хотели бы получить данную брошюру на другом языке или в другом формате, просим обращаться в PALS (Информационная служба для пациентов) по 0800 917 8504.