



PATIENT INFORMATION

Calorie Boosters & Meal Plan Suggestions

Enriching Foods

If you have lost weight unintentionally or have a poor appetite, it is important to make the most of the foods you are eating. The tips below will help you to make the best choices of food to help you gain weight or prevent further weight loss.

Fortified Milk

- Use **Full Cream Milk** in tea/coffee, milk puddings, sweet and savoury sauces, on cereals and for milky drinks such as Ovaltine®, Horlicks®, drinking chocolate, milk shakes.
- Enrich full cream milk by adding 4 tablespoons of dried milk powder to it, whisking thoroughly **or** add 2-3 teaspoons of dried milk powder to individual portions of foods e.g. milk pudding, milk based sauces or soup.

Soups and Casseroles

- Make up dried or condensed soup with milk instead of water.
- Add extra meat, lentils, pulses or pasta.
- Add grated cheese or cream to soups and casseroles.

Potatoes and Vegetables

- Add butter or margarine, milk or double cream to mashed potato. Add butter or margarine to other vegetables.
- Fry foods in vegetable oil as often as possible (e.g. stir fry).
- **Do not use low fat spread**

Increasing Calories

Desserts and Puddings

- Add cream to milk puddings, tinned fruit and puddings.
- Choose full fat/thick & creamy yoghurt instead of low fat/diet varieties.
- Make up jelly with milk or evaporated milk instead of water.
- Add extra sugar, honey or syrup on puddings (and breakfast cereals).

Other Ideas

- Add grated cheese to omelette, pasta dishes, shepherd's pie or fish pie.
- Add mayonnaise to sandwich fillings.
- Use butter or margarine liberally.
- Add plenty of jam, marmalade, honey etc. on bread, toast, muffins, teacakes, scones and crackers

Suggested Meal Plan 1	Suggested Meal Plan 2
Breakfast <ul style="list-style-type: none">• Fruit juice• Porridge with fortified milk and sugar/honey• Hot buttered toast with jam or marmalade• Tea or coffee with fortified milk	Breakfast <ul style="list-style-type: none">• Fruit juice• Scrambled egg (made with fortified milk), fried bacon, fried tomato• Hot buttered toast with jam or marmalade• Tea or coffee with fortified milk
Mid-Morning <ul style="list-style-type: none">• Milky coffee• 2 Digestive biscuits	Mid-Morning <ul style="list-style-type: none">• Hot buttered teacake• Tea with fortified milk
Lunch <ul style="list-style-type: none">• Soup with swirl of cream• Buttered bread roll• Thick & creamy yogurt	Lunch <ul style="list-style-type: none">• Cold meat pie/quiche• Side salad with mayonnaise• Slice of bread & butter• Trifle
Mid Afternoon <ul style="list-style-type: none">• Scone with cream and jam• Tea	Mid Afternoon <ul style="list-style-type: none">• Cream crackers with butter and cheese• Tea with fortified milk
Evening Meal <ul style="list-style-type: none">• Small glass of sherry or wine (if permitted)• Shepherd's pie with grated cheese topping• Mixed vegetables• Tinned fruit in syrup with evaporated milk	Evening Meal <ul style="list-style-type: none">• Fish in sauce• Boiled potatoes with butter• Vegetables• Fruit crumble and custard
Bedtime <ul style="list-style-type: none">• Ovaltine®• Cheese and biscuits	Bedtime <ul style="list-style-type: none">• Warm milk with honey• Shortbread

Information given to: _____

Information Given by: Print Name _____ Signature _____

Contact Number ☎ _____

Produced by the department of Nutrition and Dietetics, Torbay hospital

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