



PATIENT INFORMATION

Making the Most of Your Food

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 until you are feeling better.

- As well as considering food, other simple measures may help to stimulate the appetite. A breath of fresh air, gentle exercise and eating in company may be helpful.
- Small frequent meals are easier to face than large meals - try to have 3 meals daily with 3 snacks between meals.
- Take time to relax and enjoy meals rather than rushing.
- Use convenience foods if your appetite is affected by cooking smells or you are unable to stand for long periods.
- Eat at times convenient to you rather than having set meal times.
- Try to have at least 1 pudding daily.
- Try to have 6-8 cups of fluid daily but do not fill up on drinks such as tea, coffee or squash at the expense of nourishing foods.
- Try to have some fruit every day or a glass of pure fruit juice rather than squash.
- Aim for 1 pint of full cream milk daily.
- Don't overload your plate – if you have a small appetite use smaller plates.
- A small glass of sherry or wine may stimulate your appetite if taken half an hour before meals (check with doctor/nurse).
- Avoid using low fat or reduce sugar foods for now.

Ideas for Nourishing Snacks

Snacks should be taken in addition to meals not instead of meals

- Cheese and crackers or digestive biscuits with butter or margarine
- Marie/Rich Tea biscuits with butter
- Slice of bread and butter and jam
- Scones with butter/cream and jam
- Crisps with dips e.g. cream cheese and chive, humus, salsa
- Mini pies/sausage roll/pasty
- Glass of chilled full cream milk flavoured with milkshake e.g. Crusha® Syrup or Nesquik®
- Individual dessert such as trifle, yogurt, crème caramel, rice pudding, junket, milk jellies, thick and creamy yoghurt, egg custard.
- Hot milky drink e.g. Ovaltine®, Horlicks® or drinking chocolate
- Buttered hot toast, crumpet, pancake, teacake or muffin with jam
- 2-3 biscuits – choose shortbread, flapjacks, cream/chocolate biscuits
- Cake e.g. sponge cake, individual apple pies, cream cake, lardy cake
- Malt loaf/fruit loaf/saffron cake with butter or margarine
- Dried fruit and nuts
- Glass of Build Up® or Complan® (available from the pharmacy or supermarket in various sweet flavours)
- Mug of Build Up® Soup or Savoury Complan® (available from the pharmacy or supermarket in various savoury flavours)
- Fortify your food with cream, cheese or milk powder where possible, such as adding cream to mashed potato or soup.

This leaflet has been produced to help those people who have lost weight unintentionally or have a poor appetite.

For use in primary care and the community

Given by: _____ Telephone number: _____

For further information contact your GP or:

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