

# Your Guide To Making the Most of Your Food

## - Advice for patients and carers

This leaflet provides some simple ideas on how you can get the most nutrition from the food you are eating.

*If you have a medical condition, food allergies or issues with swallowing for which you have received special dietary advice, the information in this leaflet may not be right for you. Please discuss with your healthcare professional.*

### Little and Often

- Eating smaller meals with snacks and nourishing drinks in between may be best for you
- Try having drinks separately from meals, as the liquid can fill you up
- Try having a pudding once or twice a day such as full cream yogurt, ice cream, cake, custard, rice pudding
- Snacks in between meals can help you to eat more each day



### Snacks Ideas:

Sandwiches, fruit cake, nuts, Bombay mix, crisps, cereals, soups, yogurts, finger foods (e.g. sausage rolls, scotch eggs, samosas), toasted tea cakes with butter, crackers and cheese, toast + topping (e.g. beans, scrambled egg, butter), tinned fruit in syrup



### Enriching your Food/Adding Extra Calories

- Choose full fat/full cream/with sugar foods rather than low fat/low sugar types e.g. full cream yogurts, full cream milk
- Add cheese to soups, mashed potatoes, vegetables, pasta dishes, curries
- Use butter, mayonnaise, olive oil or salad cream in sandwiches, on potatoes, yams and salads
- Add extra butter, margarine or ghee to vegetables, scrambled eggs and bread
- Add cream or condensed milk to puddings
- Add sugar, jam, honey or milk powder to porridge, breakfast cereals or puddings
- Use cooking methods that add oil e.g. frying and if you roast or grill then brush with oil or use an oil spray



## Nourishing Drinks

- Milk is full of goodness. To make fortified milk, mix 4 tablespoonfuls of milk powder into a paste with some milk and stir or whisk the mixture into one pint of milk. This can be used throughout the day in drinks, on cereals, in sauces, to make custard
- Using full cream milk (including fortified milk) to make the following drinks is also a good idea:
  - Hot chocolate or cocoa
  - Coffee and cappuccinos
  - Malting drinks
  - Milkshakes or smoothies
  - Soya, rice, coconut or almond or semi-skimmed milk can be used if you have dietary intolerances
- Choose fruit juices and sugar containing squashes
- Powdered supplements (ask your pharmacist for further information) are available from most pharmacies and supermarkets and can be used between meals



## Other Helpful Hints

- Eat foods you fancy
- Try not to miss or skip meals
- Ready meals (frozen or tinned) are easy. Add some frozen vegetables to make a more balanced meal
- It is useful to keep a store of some basic foods in case you are not able to get to the shops e.g. long life milk, tinned meat, ready meals, hot chocolate, tinned or frozen fruit and vegetables, cereals, biscuits
- If preparing food is too much, why not consider meal delivery services or ask friends and family for help with shopping, preparing and cooking meals
- Try to have company at meal times, e.g. with a friend or family member or attend a local lunch club
- If food choice and quantity is limited take a one-a-day multivitamin and mineral supplement
- A little exercise or activity can help you feel hungry



**If you have used some of the ideas in this leaflet and have continued to lose weight unintentionally or are concerned about your diet please see your GP who may refer you to a Registered Dietitian.**

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For further information on malnutrition please visit: [www.malnutritionpathway.co.uk](http://www.malnutritionpathway.co.uk)

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