

Big Nutrition for Small Appetites

Getting a lot out of a little

If you are not eating very much and losing weight it is important to increase the calorie and protein content of your diet. Fortifying foods will do this without increasing the amount you eat.

You may need to fortify your diet if:

You have a poor appetite, eating less food and losing weight.
 You have a good appetite but are still losing weight

- **Healthy eating guidelines of a low fat diet are not appropriate for you.**
- **Choose full fat products**
- **Remember to try to have 8 cups of fluid per day**
- **A glass of fresh fruit juice is a rich source of vitamin C and can be helpful for healing wounds and sores**

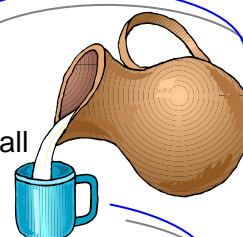
Here are **5 easy** ways to help you to add more calories and protein to your food.

1. Make up a pint of fortified milk (see recipe below) and use it for all your drinks, on cereals, to make puddings, sauces, soups, milk jellies and in other recipes that require milk.

(A pint of this milk per day will significantly increase your calorie intake)

Fortified milk

1. Take one pint of full cream/whole milk.
2. Add 4 tablespoons of skimmed milk powder to a small amount of milk and mix to a paste.
3. Top up with the remaining milk from the 1 pint.



Store in the fridge and use throughout the day.

2. Fortify other foods. Here are some suggestions

Food item	Adapting the recipe
Cereals eg porridge	In porridge use fortified milk and add 2 tablespoons of double cream per portion. (1 portion is equal to a ladle full) Use fortified milk on all breakfast cereals
Toast Bread, Sandwich	Add extra butter, preserves Mayonnaise
Soup tinned dried or home made	Add 1 heaped tablespoon of milk powder and 2 tablespoons of cream to soup per portion (1 ladle full)

potatoes	Add an extra knob of butter/margarine. Also add 1 tablespoon of cream to mashed potatoes. Grated cheese can also be added.
Vegetables	Add 1 teaspoon of margarine / butter to 2 tablespoons of vegetable. Allow to melt
Custard	Use fortified milk then add 2 tablespoons of cream per portion (1 ladle full)
Puddings	Add extra cream, custard made with fortified milk, evaporated milk, jam, syrup, chocolate or fruit sauces
Ice Cream	Pour 2 tablespoons of cream over 1 scoop of ice cream
Preserves	Use plenty of sugar, syrup, jam, peanut butter, lemon curd, chocolate spread, honey, mayonnaise

3. Choose high calorie drinks - milky coffee, malted milk or hot chocolate using the fortified milk.

Hot Chocolate drink

150mls (¼ pint) full cream milk
1 heaped tablespoon milk powder
4 tablespoons of cream
3 teaspoons of hot chocolate powder (or to taste)

Beat the ingredients together.
Heat all the ingredients together in a saucepan or microwave



Milkshake

200mls Full Cream Milk
2 heaped tablespoons milk powder
Milkshake powder (Nesquick, Crusha)

Whisk milk and milk powder together.
Add flavourings to taste. Serve chilled.

4. Aim for 3 small meals a day and snacks in between. Little and often is more appealing for a small appetite

Examples of Snacks

Biscuits, scone, cake, crisps, nuts, dried fruit, mini cheese biscuits, mini pasties, cheese and biscuits, hummus, samosas, chocolate bar, small trifle, dessert pot, creamy yoghurt, flapjack, mousse, toast spread with sweet toppings (lemon curd, jam, chocolate spread), toast spread with savoury toppings (pate, cream cheese, paste, peanut butter), crumpets, teacakes, scotch eggs, pork pie, sausage roll, cereals, milkshakes, squash, cocoa, lassi.

5. You can buy Build Up Soups or Shakes or Complan from your supermarket or chemist.

If there are any specific dietary concerns regarding diabetes, Coeliac Disease or renal disease ask for further guidance from your G.P or Dietitian.