

Food First

Advice for adults with a poor appetite



This booklet should be given to you by a healthcare professional. This advice is for short term use only.

Are you losing weight without trying? Are you eating and drinking less than usual?

Sometimes for a variety of reasons you may not eat or drink enough. This can make you ill as your body does not work as well as usual.

The advice in this booklet gives you ideas on how to:

- increase your food and fluid intake; and
- get the nutrients (eg. energy, protein, vitamins and minerals) your body needs.

Ask for more advice

If you experience any of the following, we recommend that you ask for more advice from your GP, practice nurse or dietitian.

- Are you experiencing choking or swallowing difficulties?
- Do you have food allergies or other restrictions to your diet?

If you have diabetes and your appetite is poor, or if you are losing weight despite good control of your blood glucose levels, extra snacks and nourishing drinks may help prevent more weight loss.

Continue to avoid large amounts of sugar or sugary foods so you can keep good control of your diabetes.

CONTACT YOUR GP, practice nurse or dietitian for advice, especially if you take tablets or insulin for your diabetes.

More frequent blood glucose testing may be recommended.

3 important changes you can make

1

One pint of fortified milk every day

See page 4 for more ideas



2

Two nourishing snacks every day

See page 8 for more ideas



3

Three fortified meals every day

See page 9 for more ideas



If you continue to struggle with your appetite or are still losing weight after four weeks of following this advice, speak with your GP, nurse or dietitian.

1

Pint of fortified milk every day



Milk is very good for you as it contains lots of nutrients including protein, vitamins and minerals.

Aim to have one pint of full fat milk every day including what you have on cereal and in drinks.

If you find it difficult to drink milk and milky drinks every day, try to eat more foods that contain milk, such as custard and rice pudding.

How to fortify your milk

You can add even more energy and protein to your milk by adding dried skimmed milk powder:

1 pint full fat milk

4 tablespoons dried skimmed milk powder

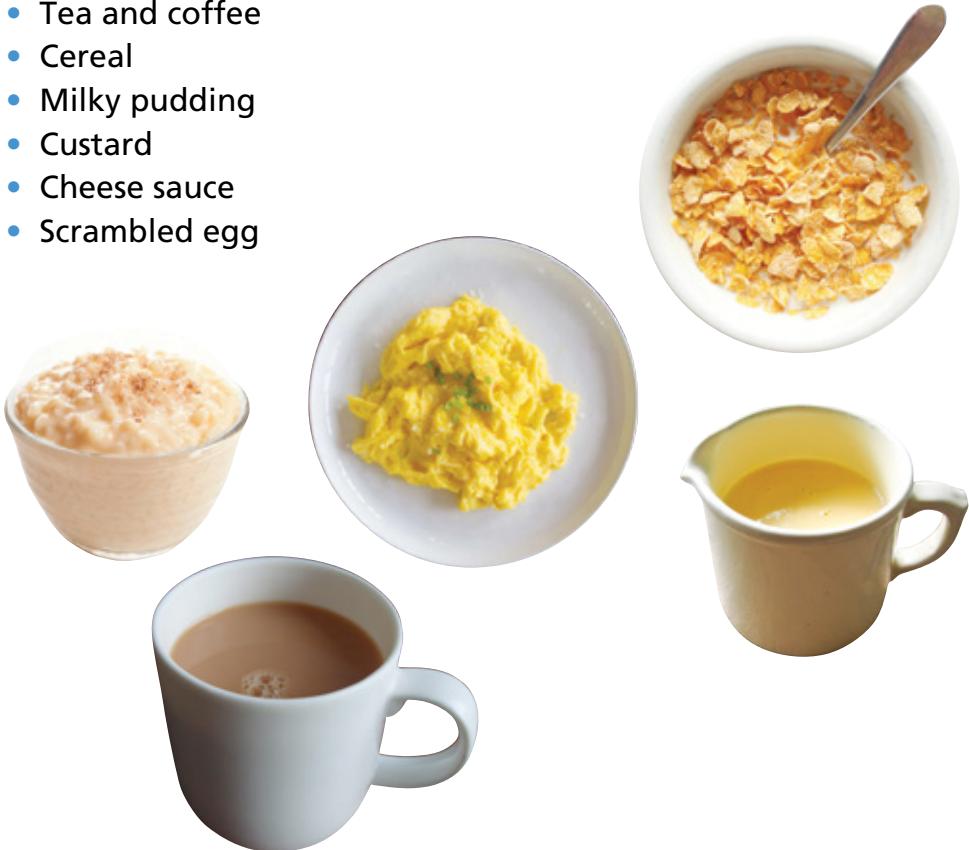
- Add the milk powder to the fresh milk
- Stir using a fork or whisk until dissolved
- Leave it covered in the fridge
- Aim to use the full pint by the end of each day



Ideas for using fortified milk

Replace your usual milk with fortified milk, for example:

- Tea and coffee
- Cereal
- Milky pudding
- Custard
- Cheese sauce
- Scrambled egg



How can fortified milk help you?

Gives you energy

4 tablespoons of milk powder can give you **enough energy to walk for 45 minutes**

Gives you extra nutrition

1 pint of fortified milk = 6 slices pizza so it **saves you having to eat bigger portions**

Nourishing drinks

A nourishing drink is a drink that not only gives you fluid but also gives your body valuable nutrients.

If you have a poor appetite, you can sip a nourishing drink slowly in between meals.

Some ideas for **nourishing drinks**:

- Full fat milk
- Milkshake
- Smoothie
- Lassi
- Pure fruit juice
- Milky coffee
- Hot chocolate
- Malted milk drink
- Soup
- Or make your own (see recipes opposite)



Fluid is very important to help your body function normally. You should try to drink up to 8 cups* of non-alcoholic fluid every day.



*a glass or cup containing about 175mls

Nourishing drink recipes

You can make your own nourishing drink to have in between meals.

Milkshake

200mls full fat milk
2 tablespoons dried milk powder
1 scoop ice cream
2 tablespoons milkshake powder

Mix together and whisk well.
Chill and serve.

Fortified soup

200mls full fat milk
2 tablespoons dried milk powder
1 packet of instant soup
50mls double cream

Empty soup powder into mug.
Add dried milk powder.
Warm milk and mix with the powder.
Add cream and serve.

Fruit smoothie

200mls full fat milk
2 tablespoons dried milk powder
Handful of your favourite fruit
1 banana
1 pot full fat yogurt
50mls double cream

Liquidise or whisk all ingredients together.
Chill and serve.

Fruit yogurt drink

200mls fresh fruit juice
1 pot (150g) full fat fruit yogurt

Mix together.
Chill and serve.

2

Nourishing snacks every day

If you can't eat full portions of your meals it is important to eat in between your meals to ensure your body still gets all the nutrients it needs.

Savoury ideas

- Toast with butter or peanut butter
- Toasted crumpets or muffins with butter and cheese
- Soup (with added cream or cheese) and bread
- Crackers or digestive biscuits with butter and cheese
- Packet of crisps or nuts
- Sausage roll
- Mini pork pie or pasty
- Kebab
- Samosa or bhaji



Sweet ideas

- Fruit cake
- Malt loaf with butter
- Chocolate biscuits
- Flapjack
- Doughnut or cream cake
- Chocolate bar
- Scone with butter and jam
- Breakfast cereal with enriched milk
- Trifle
- Cheesecake
- Burfi
- Full fat mousse
- Crème caramel
- Creamy rice pudding
- Thick and creamy yogurt
- Sponge pudding and custard
- Ice cream or cream with fruit
- Fruit pie with evaporated milk or cream



3

Fortified meals every day

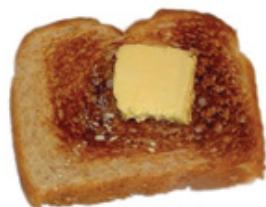
Fortify your meals using the suggestions below:



- Use extra butter or margarine on bread, crackers and chapattis.
- Add extra butter to potatoes and vegetables.
- Sprinkle grated cheese onto soups, stews, sauces, potatoes, vegetables and scrambled eggs.
- Add double cream to soups, desserts and fruit.
- Choose full fat products where possible rather than 'diet' foods, eg. full-fat cheese, condensed or creamy soups, 'thick and creamy' yogurts and creamy milk puddings.
- Use jam, syrup, honey and treacle on porridge, milk puddings, cakes and on bread.
- Add extra sugar in drinks, puddings on cereals and in porridge.



Breakfast ideas



Make your breakfast more nourishing



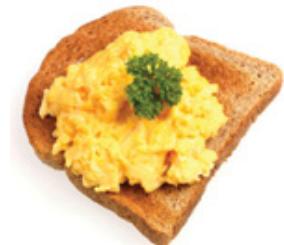
Try full fat fortified milk and add fruit to your cereal



Try full fat or fortified milk in your porridge with your favourite topping



Try something different on your toast, such as honey, beans and cheese, eggs, fried tomatoes



Shopping list for breakfast

- Full fat milk
- Milk powder
- Full fat margarine or butter
- Breakfast cereals
- Full fat yogurts
- Oats, instant porridge or cornmeal
- Syrup, jam, honey, treacle, lemon curd
- Peanut butter
- Baked beans
- Eggs, bacon, sausages, black pudding
- Chocolate spread
- Dried fruit, tinned fruit in syrup
- Cheese, cheese spread

Main meal ideas



Make your main meal more nourishing



Try mashing your potatoes with butter and cream.
Fry or roast vegetables.
Add a creamy sauce to your meat or fish.



Add cheese and oil to your pasta.
Serve with garlic bread.
Fry your meat and vegetables.



Use cheese and butter to add extra energy to your convenience meal. Try serving it with extra buttered vegetables or chips.



Shopping list for main meals

- Instant sauces such as cheese, pepper or parsley
- Butter, margarine or ghee
- Cream
- Cheese
- Oil
- Convenience meals
- Frozen, fresh or tinned vegetables
- Bread rolls
- Meat
- Fish
- Meat alternatives such as soya or tofu
- Pasta
- Rice
- Potatoes
- Sweet potatoes, plantain, yam or cassava
- Chips

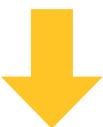
More meal ideas



Make your meal more nourishing



Add extra toppings to your jacket potato such as cheese, baked beans, tuna mayonnaise or coleslaw. Don't forget some butter!



An omelette can be made more nourishing with extra cheese, a dash of cream, vegetables and meat. Cook your omelette with extra butter or oil.



When having a salad use full fat dressings and always serve it with bread, pasta, potatoes or rice as well as meat, fish, cheese or eggs.



Shopping list for other meals

- Eggs
- Potatoes
- Cheese and cheese spread
- Butter, margarine or ghee
- Oil
- Full fat salad dressings and coleslaw
- Full fat ready made sandwich fillings
- Creamy soups
- Bread
- Pies
- Pasties
- Scotch eggs
- Paté
- Tinned meat and fish
- Cream
- Baked beans

Pudding ideas



Make your pudding more nourishing



Always choose full fat yogurts and desserts. Try individual mousses, fromage frais, crème caramel, trifles and cheesecakes too!



Add cream to milk puddings as well as jam or tinned fruit in syrup or honey.



If you like fruit try to have it with a topping such as evaporated or condensed milk, ice cream, custard, yogurt or cream.



Shopping list for puddings

- Full fat yogurts, mousses and fromage frais
- Full fat greek or natural yogurt
- Individual cheesecakes, trifles and desserts
- Milky pudding
- Custard
- Cream
- Ice cream
- Tinned fruit in syrup
- Evaporated or condensed milk
- Syrup, honey and treacle
- Sponge cake
- Ready made desserts to heat up
e.g. treacle sponge and custard, bread and butter pudding
- Instant mousse mix
- Sauce for ice cream
- Pies or tarts
- Cream cakes

Helpful hints

- Try to eat three meals and two snacks every day.
- Make the most of good days by eating well and try to include your favourite foods.
- Convenience, chilled or frozen foods are useful if you feel tired or cooking is difficult.

• Smoking tends to reduce your appetite. Cutting back how much you smoke will help improve your appetite and health in general.

- Don't rush your meals - take time to relax.
- Try not to drink a lot of fluid just before your meal - as this may reduce your appetite - but drink plenty at other times.
- A walk in the fresh air before meals can often improve your appetite.

Who can help?

Get in touch with the Yorkshire Community meals service for hot meals, snacks or frozen meals delivered to your home on 0113 247 8577.

For information on Leeds community cafés, coffee mornings, lunch clubs, friendship groups, neighbourhood network schemes, day centres and much more call Leeds Directory Helpline on 0113 391 8333 or log onto <http://leedsdirectory.org>

For signposting information on social care support or an assessment of care needs for community support services and or care packages call Leeds Adult Social Care 0113 22 4401 or log onto www.leeds.gov.uk or visit a **One Stop Centre** within Leeds.

My ideas to try

Example: <i>Make my coffee with full fat milk instead of water</i>	Example: <i>Swap to full fat cheese spread</i>



If you have any queries please contact:

Dietitian /
healthcare professional:

Contact number:

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© The Leeds Teaching Hospitals NHS Trust • 6th edition (Ver 1)
Produced by: Leeds Community Healthcare NHS Trust, Adult Nutrition and
Dietetic Service • www.leedscommunityhealthcare.nhs.uk
MID code: 20230728_005/EP

LN002997
Publication date
07/2023
Review date
07/2026