



Advice for People with Poor Appetite / Weight Loss

What changes should I make to the way I eat if I have a poor appetite and/or have lost weight?

It is important to make every mouthful count when you have a small appetite, have lost weight or are unable to eat enough food. You need to have a nourishing eating plan with extra energy and protein. This sheet contains ideas on how to make your food and drinks more nourishing and higher in energy and protein.

Advice to help prevent weight loss, maintain weight or gain weight

- Don't wait till you feel hungry to eat – try to establish a regular pattern
- Have three small meals and three snacks a day (little and often)
- Try to include a source of carbohydrate (e.g. breads, cereals, potatoes and rice)
- Try to include rich source of protein (meat, fish, chicken, eggs, beans) at least twice a day
- Try to have milky drinks after your meals, or with a snack between meals
- Avoid drinking immediately before or during meals – have drinks a half an hour beforehand or earlier, or at the end of a meal
- Do not use low fat or diet products. Usual healthy eating advice is generally inappropriate in these instances
- Limit intake of drinks with little nutritional value e.g. minerals, cup of soups
- If you are feeling too tired or unwell to prepare meals – use frozen or pre-prepared meals
- Try the following tips of food fortification



How can I make the food I eat higher in energy and protein to prevent further weight loss?

Food Fortification is the key ingredient. By adding certain nutrients to your food, in this case energy and protein, you can make your meals extra nourishing. Remember to focus on the foods you usually like. Here are some ideas for ways you can fortify food.

Making food more nourishing

Fortified milk: Add 4tbsp milk powder e.g. 'Marvel' or 'Milk Made' added to one pint/approx 500mls of milk. This can then be used as usual in drinks, on cereals, in sauces and puddings.

- Make coffee, hot chocolate, soups and jelly with fortified milk instead of water
- Add extra full fat spread to bread, potatoes, vegetables and sauces
- Add sugar to hot drinks, cereals, milk puddings and desserts
- Use fortified milk to make porridge, milk puddings, desserts and creamed potatoes
- Use jam, marmalade, honey, peanut butter or chocolate spread on bread, scones, biscuits, cakes, puddings, yogurts and desserts
- Grate cheese onto toast, scrambled egg, potato, vegetables, soups and dinners
- Fry foods in butter, oil to increase calories (e.g. fried potatoes, meats, eggs)



Choose the following as snacks

- Full fat yogurts/ dessert yogurts/ mousse
- Yogurt/milk based drinks
- Rice pudding / semolina
- Scone with butter and jam
- Breakfast cereal with full fat milk
- Mashed banana with cream and sugar
- Individual ready made puddings
- Crackers and cheese / cream cheese
- Full fat custard
- Chocolate
- Biscuits
- Cakes
- Nuts

Quick and Easy Meal Ideas

Sandwiches, fresh or toasted, made with wholemeal or white bread can be nutritious and quick to make.

Fillings could include:

- Egg mayonnaise
- Peanut butter and jam
- Toasted cheese and ham
- Tinned fish e.g. salmon, tuna

You could try sardines on toast or beans on toast as another easy alternative

Eggs

Omelettes, scrambled, poached, boiled or fried. Make sure the eggs are thoroughly cooked, i.e. both yolk and white are hard.

Ready made meals

Make use of ready prepared foods, convenience foods such as microwavable meals, frozen and tinned foods. They are easy to store and quick to prepare and can provide a nutritious alternative to cooking. Pies, tinned meats, quiches, pizzas, frozen fish and other dishes can be stored for future use and, served with frozen and or tinned peas, beans or sweetcorn,



Soups

Homemade, tinned or packets are quick and easy to prepare, served with bread and full fat spread. Add extra cheese/milk.

Desserts

* Make with fortified milk and serve with instant toppings such as tinned custard, evaporated or condensed milk.

- Yoghurt with fresh, stewed or dried fruit, muesli cereal, honey
- Ice cream with fruit, nuts, chocolate, sauces, syrup
- Fresh/tinned fruit or trifle, with custard or other instant topping
- Fruit tart or sponge pudding with custard, cream or syrup
- Instant desserts, e.g. angel delight, crème caramel, instant whip
- Tinned milk puddings, e.g. creamed rice or tapioca served with cream, evaporated or condensed milk, jam, honey or sugar



Sample Meal Plan

Breakfast	Porridge made on whole milk or Cereal with whole milk ± sugar And/or Bread/ Toast with full fat spread and jam/marmalade And/or boiled egg with bread and full fat spread And/or cooked breakfast – i.e. fried egg/ rasher/ sausage/ pudding Milk/Tea/ Coffee
Mid-morning	Milky drink 2-3 Biscuits/ full fat yoghurt/ cheese & crackers
Main meal	Fish/chicken/meat with sauce/gravy Potato with full fat spread Vegetables with full fat spread Dessert: milk pudding/ trifle/ full fat yoghurt/ ice cream/ custard
Mid afternoon	Milky drink Cake/ 2-3 biscuits/bread with full fat spread and jam/ cheese & crackers
Light meal	Toast/bread with full fat spread and scrambled egg and cheese Or Or tinned fish (e.g. sardines, salmon, tuna) Or with soup (fortified) Or Sandwich with egg mayonnaise, tuna mayonnaise, ham, chicken and / or cheese, Dessert: milk pudding/ trifle/ full fat yoghurt/ ice cream/ custard
Bedtime snack	Milky drink/ cocoa/ ovaltine / hot chocolate Cake/ 2-3 biscuits/ bread with full fat spread and jam/ cheese & crackers/ breakfast cereal with whole milk