

If you can, try and weigh yourself at least once a month to monitor your progress. Make a note of the date and your weight in the chart below:

If you continue to lose weight despite following the advice in this leaflet, please speak to the healthcare professional that gave you this leaflet.

If you have a history of cardiovascular disease, diabetes or stroke, you should discuss the advice on this leaflet with your GP.

If you have diabetes, you may need to continue to choose sugar free drinks and/or monitor your blood sugar levels more closely than normal. Please consult your GP or specialist.

You should seek medical advice if you are still following the guidance on this leaflet after six months.



Boost Your Nutritional Intake

Have you lost weight recently?

Do you need to gain weight?

Are you struggling with a poor appetite?

If you have answered yes to any of the above then this leaflet could help you.

Step 1: Eat 'Little and Often'

- Try to have a small meal, a snack or nourishing drink every 2-3 hours during the day, especially if you cannot manage a full meal.
- Eat what you fancy and if your appetite is better at certain times of day, aim to eat more then.
- Choose foods and drinks that are 'nourishing' i.e. high in calories and protein. Choose full fat milk and other dairy products, and avoid foods labelled 'diet', 'reduced/low fat' or 'healthy eating'.
- Drinking during meals may make you feel full so try and wait until after you have finished eating to have a drink.
- A small glass of alcohol before eating may help stimulate your appetite. Check with your doctor or pharmacist before taking alcohol, particularly if you are on medication.

Savoury Snack Ideas

- Cheese and biscuits
- Nuts
- Crisps
- Savoury scone with butter
- Cheese straws
- Cubes of cheese
- Crumpets, teacakes or toast with butter
- Sandwiches
- Porridge or cereal

Sweet Snack Ideas

- Full fat yogurt
- Jelly & ice cream
- Sweet scone with jam and cream
- Biscuits and cakes
- Sweet pastries
- Milk puddings e.g. rice pudding or semolina
- Instant dessert e.g. Angel Delight™, crème caramel
- Fresh/tinned fruit with cream or custard
- Sweets or chocolate

Step 2: Fortify Your Food and Drink

Adding **small amounts of high calorie foods** such as those listed below to your food will help boost the nutritional content of your food without increasing the portion size; this is known as **food fortification**.

Food fortification ideas:

- Add double or single cream to potato (boiled, mashed or jacket) porridge, puddings, sauces, soups, fruit (fresh, tinned or stewed), hot milky drinks, smoothies and milkshakes.
- Add butter and/or cheese to potato (boiled, mashed or jacket), crackers, crumpets, sandwiches, toast and vegetables.
- Add oil to pasta and salad dressings, and use it for frying.
- Add full fat mayonnaise to potato (boiled, mashed or jacket) sandwiches and salad dressings.
- Add peanut butter to crumpets, toast, sandwiches, smoothies and milkshakes.
- Add jam or honey to crumpets, toast, scones, porridge and rice pudding.

Fortified milk: Mix 4 heaped tablespoons of skimmed milk powder e.g. Marvel™ or your shop's own brand, into 1 pint of whole (full cream) milk.

Once made up, keep it in the fridge to use during the day whenever you would normally have milk, e.g. on its own, in hot and cold drinks, on porridge or cereal and for making puddings e.g. custard, instant desserts.

Step 3: Nourishing Drinks Between Meals

It is important to drink enough fluid during the day. Whilst fluids such as water and squash are hydrating, they are not high in calories and may make you feel full.

Nourishing drinks are still hydrating but will also give you extra calories and protein too. Try to have at least **two nourishing drinks daily**, especially if you are not eating well.

Nourishing drinks ideas:

Hot Milky Drink	Milkshake
<ul style="list-style-type: none">• 140ml warm whole (full cream) milk• 1 heaped tablespoon skimmed milk powder• 2 tablespoons double cream• 2 heaped teaspoons coffee granules, hot chocolate powder or malt drink powder e.g. Horlicks™, Ovaltine™	<ul style="list-style-type: none">• 140ml cold whole (full cream) milk• 1 heaped tablespoon skimmed milk powder• 2 tablespoons double cream• 2 heaped teaspoons milkshake powder e.g. Nesquik™ or 2 tablespoons milkshake syrup e.g. Crusha™

- For a **quick energy shot**, mix 30-40ml double cream with a flavouring e.g. strawberry or chocolate syrup; take up to three shots per day.
- You could also try **shop-bought milkshakes or smoothies** which are usually located in the refrigerator aisle near other milk products.
- **Over the counter supplement milkshakes and soups** are available from most supermarkets and chemists without a prescription. These include Aymes™, Complan™, Meritene Energis™ and Nurishment™.