



## Eating well with a small appetite

This diet sheet is for those who have a small appetite, need to gain weight or prevent further weight loss. It contains suggestions on how to boost your energy and protein intake without necessarily having to eat more food.

Eating well is important to maintain your health. Food contains energy and protein, but also essential vitamins and minerals. Eating well can reduce your risk of infections, build and maintain muscles, aid wound healing and provide energy for everyday activities.

### Tips to help improve your appetite

- Eating little and often can help improve a reduced appetite. Try and include three small meals and 2-3 nourishing snacks per day
- Serve a smaller portion of your meal to prevent feeling overwhelmed, you can always go back for more
- Smoking, as well as being bad for your health, can also suppress your appetite. If you smoke, try not to smoke in the half-hour before your meal
- Try not to fill up on drinks shortly before or during meals
- A small glass of alcohol 30 minutes before a meal may help to stimulate your appetite; however, check with your doctor/pharmacist first to make sure this is suitable with any medications you might be taking
- Fresh air can often stimulate your appetite. If possible go for a brief stroll or go outside for a while before eating. Eating in a well-ventilated room can also help
- If you're too tired to cook, use ready-made oven/microwave foods or freeze extra portions of meals when cooking and use another day
- There are a variety of ways that you can purchase meals such as Meals-on-Wheels, ready meal delivery services (such as Wiltshire Farm Foods or Oakhouse foods), lunch clubs or day centres. Consider what would be convenient for you.

## Tips for fortifying your foods

Extra protein and calories can be added to normal foods to increase the nutritional content without increasing the portion size. This is known as food fortification. This means that each mouthful you eat is more nourishing.

### Ideas of everyday foods you can add to foods or drinks to increase their calories or protein content:

#### For an extra 50-100kcal:

- Add 2 teaspoons of jam or honey to porridge or milk puddings
- Add thickly spread butter/margarine to sandwiches, toast, crackers, scones or chapatti
- Add 2 teaspoons of sugar to tea/cereal/puddings
- Add 1 tablespoon of pickle/relish to sandwiches
- Add 1 heaped tablespoon of milk powder to cereal, milk puddings, mashed potatoes, sauces and soups.

#### For an extra 100-150kcal:

- Melt grated cheese (a small matchbox size) into soups, sauces and mashed potato
- Add 1 tablespoon of green pesto to pasta or mashed potato
- Add 1 scoop of ice cream to puddings/drinks
- Add 2 tablespoons of full fat crème fraiche/greek yoghurt to fruits/ puddings
- Blend 1 tablespoon of peanut butter or chocolate spread to a milkshake, or spread on biscuits
- Stir in 1 tablespoon of oil/butter/margarine to soups, sauces, vegetables and mashed potatoes, cooked rice/pasta
- Use 1 tablespoon of oil/butter/margarine to fry foods such as pre-boiled potatoes or vegetables, meat, fish, eggs
- Add 1 tablespoon of double cream to drinks, milk puddings, porridge, soups, scrambled egg.

#### For an extra 150-250kcal:

- Stir in 1 tablespoon of clotted cream to a dessert
- Mix 1 heaped tablespoon of full fat mayonnaise into sandwich fillings
- Add 2 tablespoons of full fat cream cheese to potatoes, pasta or in your sandwich.

## Nourishing snack ideas

Little and often is the best way to try to increase your calories. Aim for 2-3 nourishing snacks a day.

**Ideas of nourishing snacks you can include between meals to increase your calorie and protein intake:**

### Savoury snacks

- Breadstick with a dip
- Pork pie
- Scotch egg
- Sausage roll
- Chicken drumstick
- Cream crackers
- Crumpet
- Slice of toast
- English muffin
- Croissant
- Small bag of crisps
- Handful of nuts

Examples of toppings for toast, croissants, crackers, crumpets include: butter, jam, marmalade, honey, peanut butter, chocolate spread, tinned tuna, tinned salmon, chicken, corned beef, ham, egg and cheese.

### Sweet snacks

- 2-3 biscuits, e.g. shortbread, digestive, ginger, cream/jam filled biscuits, chocolate covered
- Cake, e.g. sponge cake, flapjack, cream cake, danish pastry, doughnuts, jam tarts, iced buns
- Small packet of sweets, e.g. boiled, chewy, jelly, mints or marshmallows
- A few squares of chocolate
- Scone
- Scotch pancake
- Hot cross bun
- Full fat yoghurt
- Full fat mousse
- Crème caramel
- Cheesecake
- Trifle
- Custard
- Rice pudding
- Ice cream

Examples of toppings for scones, teacakes, scotch pancakes include butter, cream, jam, marmalade, honey, syrup, lemon curd, chocolate spread, peanut butter.

## Nourishing drink ideas

Nourishing drinks can be a good way of supporting your nutritional intake in addition to the foods you eat. It is recommended you drink about 8 cups of fluids per day (1.5-2 litres). All liquids count including tea, coffee, hot chocolate, milk, water, fruit juice etc.

### Ideas of nourishing drinks you can include between meals to increase your calorie and protein intake:

- Aim for 1 pint of fortified full fat milk per day. To fortify your milk add 4 tablespoons of skimmed milk powder to 1 pint of milk
- Use your fortified milk to make up hot milky drinks including coffee, hot chocolate and malted drinks
- Choose full fat and full sugar drinks
- Make homemade milkshakes adding double cream or ice cream to make the drinks more nourishing
- Ready-made milkshake such as Yazoo, Friij, Mars, Galaxy.
- Over the counter nutritional supplements such as Complan, Meritene can be purchased in most major supermarkets and chemists.

### Recipe ideas for nourishing drinks:

#### Fruit Smoothie

1 ripe banana or handful of frozen berries  
1 scoop of ice cream  
1 teaspoon of sugar  
200ml fortified full fat milk

Blend until smooth.

#### Malt honey milkshake

1 teaspoon malted milk powder  
1 tablespoon of honey  
1 scoop of ice cream  
200ml fortified full fat milk

Blend until smooth.

#### Super Shake

2 teaspoons of milkshake flavouring e.g. Nesquik or Crusha  
3 tablespoons of double cream  
1 scoop of ice cream  
200ml fortified full fat milk

Blend until smooth.

#### Super Soup

1 packet of cup-a-soup/ powdered soup  
2 tablespoons of double cream or grated cheese  
200ml warmed fortified full fat milk

Mix together and serve warm.

## Individual goals

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## Languages/ Alternative Formats

Please ask if you require this information in other languages, large print or audio format. Please contact: 01895 279973

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如果你需要這些資料的其他語言版本、大字体、或音頻格式，請致電01895 279 973 查詢。

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التالي 01895279973 .

## Who should I contact if I have a problem or question?

**The Nutrition & Dietetic Department  
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Tel: 01895 279416**