

Food First

A guide to eating well when you have a poor appetite or have lost weight
Information for patients, their family and friends



NUTRITION AND DIETETICS



manx care

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Have you lost weight recently?
Do you have a low body weight?

or

Do you have difficulties eating enough food?

This information has been put together to help you improve your dietary intake. With better nutrition, you are likely to be **stronger, more mobile** and have a better **immune system**.

This booklet will explain some ways in which you can increase your nutritional intake when you find it tricky and your appetite is poor.

Please note: *This advice may not be suitable for some medical conditions.*

e.g. Food allergies, and swallowing problems (dysphagia).

If you have diabetes and are experiencing ongoing weight loss or have had high blood sugar readings, please contact your nurse or GP. High blood sugar reads can cause you to lose weight or make it difficult for you to gain weight.

Dietitian:

Telephone Number: (01624) 650865/650870

Good Food Guide:

Every day, aim to include the following –

1. **1 pint of full cream milk** (blue top):

This can be taken over the day in cereal, hot drinks, meals and cooking as well as on its own as a drink.

2. **Two protein portions:**

Meat, Chicken, fish, well-cooked eggs, nuts, beans, lentils or pulses.

A portion of protein is around the size of the palm of your hand, such as a small chicken breast, a fillet of fish or an egg

3. **Starchy food with each meal – carbohydrates:**

This includes potatoes, bread, rice, pasta, cereal or chapattis. Choose wholegrain varieties to help keep your bowels healthy.



A portion of carbohydrates is a fist sized baked potato, 2 slices of bread, 4 tablespoons of rice or pasta

4. **Two puddings every day (one after lunch and one after dinner)**

Will help boost overall energy and protein intake without having a large amount of food at once.

5. **A small portion of fruit and vegetables with each meal**

This will top up your vitamin, mineral and fibre intake.

Fortified Diet Plan

- **Fortify your milk:** Add 2-4 heaped tablespoons of dried skimmed milk powder to 1 pint of full cream milk and mix until smooth. Chill in the fridge and then use on cereals, in porridge, to make up sauces, soups, desserts, jellies or milky drinks etc.
- **Fortify your food:** Add toppers directly to any food/drink you plan to have. This way you can increase the calories and protein, without increasing the volume.
- **Choose full fat and full sugar products rather than 'diet' 'reduced/low fat' 'low sugar' or 'healthy eating' varieties as these provide more calories.**



Add a 50kcal food topper

Aim for 5 toppers each day

- 1 heaped teaspoon of butter
- 1 dessert spoon of oil
- 1 level tablespoon of double cream
- 1 heaped teaspoon of mayonnaise
- 1 heaped teaspoon of cream cheese
- 1/2 oz/12g of cheddar cheese (approx. 1/2 of a small matchbox size)
- 2 heaped teaspoons of sugar
- 1 level tablespoon of honey/golden syrup
- 1 heaped tablespoon of dried milk powder
- 1 tbsp. pesto
- 30ml coconut cream



Fortified Diet Plan

By making a few simple changes you can increase the calorie nutrient content of your diet

Breakfast:

1 x Weetabix + semi skimmed milk
Coffee with milk

Mid-morning:

Nothing

Lunch:

1/2 tin of tomato soup
1 slice of bread

Mid-afternoon:

Coffee with milk

Evening meal:

2 x sausages
Mashed potato
Green beans

Pudding:

Yoghurt or a banana

Bedtime snack:

Nothing

Switch from Semi skimmed milk to full fat milk and fortify it with milk powder (+ 100kcal)

Switch from coffee with milk to a coffee made with fortified milk (+ 300kcal)

Add 2 tablespoons of double cream (+150kcal)
Add butter to bread (+50kcal)

Add butter, cream cheese or grated cheddar to mash (+50-100kcal)

Have 1 tablespoon of ketchup with sausages (+20kcal)

Switch to baked beans (+ 130Kcal)

Switch yoghurt to a fruit fool (+100 kcal)

Or

Have ice cream/ custard with banana (+ 100 kcal)

Calories without changes:
800kcal

Calories with toppers and switches:
2000kcal

Aim for regular snacks between meals:

Snack ideas (containing at least 150kcal)

- 2 crackers with butter & cheese*
- Thick and creamy yoghurt or a fruit fool
- Small bowl of cereal with Full cream milk
- 1 banana or 1/2 tin of fruit with 2 tbsp double cream
- Slice of cake or malt loaf with butter
- Handful of nuts*
- 1 mini pork pie*
- 2 digestive biscuits
- 1 slice toast with 1tbsp peanut butter
- 3 cocktail sausages*
- 1 boiled egg*
- 1 slice of bread with butter and full fat cream cheese*
- Snack size (30-40g) Chocolate bar (Mars bar, Crunchie)
- 8 jelly babies
- Single serving pudding (Trifle, custard pot, cheesecake)
- 8 fish sticks*
- Glass of full cream milk and 2 biscuits
- 1/2 scone with jam
- A crumpet or a small pancake with butter

*** High protein choice**

Aim for regular snacks between meals:

Breakfast:

1 x Weetabix + Fortified milk
Coffee with milk

Have 2 small pancake with jam at 10am (200kcal)

Mid-morning:

Nothing

Lunch:

1/2 tin of tomato soup
1 slice of bread

Mid-afternoon:

Coffee with milk

Have 2 digestive biscuits with coffee (120kcal)

Or

A savoury snack such as a mini pork pie (180kcal)

Evening meal:

2 x sausages
Mashed potato
Green beans

Pudding:

Yoghurt or a banana

Bedtime snack:

Nothing

Have a bed time snack such as a slice of toast and peanut butter (150kcal), or a chocolate bar (200kcal) or a milky drink (150kcal)

Nourishing Drinks

It is important to remain well hydrated to help prevent or aid the treatment of:

Constipation

Low blood pressure

Confusion

Urinary infection

Pressure ulcers

Falls

You may find it useful to boost your energy intake by drinking nourishing fluids in the day as an alternative to water, for example.

Nourishing drinks includes

- Milk (opt for full cream or fortified milk) or drinks based on milk, such as Horlicks, Ovaltine, Cocoa
- Milky tea or coffee.
- Cuppa soup or instant hot chocolate + 2 tablespoons of skimmed milk powder

Other supplements from your local pharmacy, such as Complan are also available over the counter. If required, a Dietitian may recommend prescribed supplements following a full nutritional assessment.



Basic Smoothie Recipe (Serves 2)

- 400ml full fat milk
- 2 tblsp (30ml) double cream
- 30g dried milk powder/Marvel
- 1 level tblsp sunflower or vegetable oil
- 2 tblsp Nesquik/milkshake powder

Per serving: 360 calories and 12.5g protein

Try adding 1 tbsp peanut butter and a banana for a delicious Banutty smoothie



Making meal-times easier

Don't be afraid to use ready-prepared meals or frozen, chilled or packets of food for days when you are tired or find cooking difficult.

Take up any offers of help with cooking and shopping from neighbours, friends or family and make use of home delivery services for delivering shopping or meals.

Many people find that eating in the company of others helps them to eat better, this could be with family or friends or with a lunch club.

If you are experiencing dental problems including ill-fitting dentures, contact your dentist who may be able to visit you at home if you cannot get along to the surgery.

Eating Better?

If your appetite has returned and you are eating well again, try to follow a healthy lifestyle and choose a balanced diet when you have recovered, you should be enjoying a variety of foods each day.

Further information can be found on the British Dietetic Association webpage: www.bda.uk.com and searching for Healthy Eating: Food Facts.

Helpful contacts:

Wiltshire farm foods provide frozen meals direct to your door. They cater for special diets as well. For a brochure call **0800 652 2911**

Community Wellbeing Service can help if you suffer from anxiety or depression. Feeling low can often affect your appetite. You can self-refer for support on **01624 642540**

Age Concern Isle of Man support people 50 years+ with specialist help, lunch clubs and life long learning. Call on **01624 631740** info@ageconcern.im

Silverline have a free confidential helpline providing information, friendship and advice to older people 24/7 365 days a year. Call on **0800 4 70 80 90**



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or audio file on request.**

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