

Here is an example of how adding extra calories can help. The number in red after each meal indicates the amount of calories it provides.

Breakfast

2 Weetabix with semi-skimmed milk (210)

Lunch

Ham/salad sandwich (2 bread)
Low fat yoghurt (385)

Evening meal

Fish with boiled potatoes, beans and carrots
Rice pudding (435)

Supper

Cheese and crackers (340)

Total 1370 kilocalories

Breakfast

2 Weetabix with enriched milk and sugar* (300)

Lunch

Ham/salad sandwich (2 bread with butter and mayonnaise)
Full fat yoghurt (555)

Evening meal

Fish with boiled potatoes (with butter), beans and carrots (with butter)
Rice pudding with cream and jam* (625)

Supper

Cheese and crackers with butter (400)

Total 1880 kilocalories

Milky cups of coffee, milky drinks, soft drinks* and snacks between meals will provide even more calories

The advice contained within this leaflet may not be appropriate if you have swallowing difficulties

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Amended 2009
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Food First

Are you losing weight?
Have you lost interest in food?
Are you missing meals?



If you have lost interest in food and don't seem to have much of an appetite, it is very important to make each mouthful count.

Here are some tips to help you:

Eat more often i.e.

3 small meals and 3 snack meals each day

Things that count:

- Complan- If a prescription is needed Complan Shake is nutritionally superior if made with full cream milk. Probably cheaper than the Ensures and Fortesips), Build Up, milkshakes and milky drinks
- Cheese and crackers
- Cake, chocolate* and biscuits*
- Full fat yoghurt
- Sandwich (e.g. cheese, egg, chicken, tuna)
- Toast with butter/margarine and jam
- Toast with sardines, beans, egg or cheese
- Cereal with full cream milk
- Scone, crumpets, teacakes, malt loaf with butter/margarine
- Tinned fruit in syrup* with cream, fruit smoothie, dried fruit,
- Rice pudding, trifle*, mousse*.

Don't use low calorie or low fat products

Use full fat milk, yoghurts, mayonnaise

Choose butter or margarine rather than low fat spreads

Use ordinary squash and fizzy drinks*

Choose thick/creamy/chunky style soups

*** Foods that may not be suitable if you have diabetes**

Adding fats and sugars* to your food and drinks is a good way of increasing your calorie intake without having to eat anymore.

To:-	Add:-
A pint of full cream milk	2-4 tbsp skimmed milk powder to make enriched milk and use as your normal milk
Puddings	Cream, custard, evaporated milk, ice cream, honey* jam* syrup*, fruit
Soups	Grated cheese, cream, pasta, lentils & beans, evaporated milk, milk powder
Potatoes and vegetables	Butter/margarine, cream, grated cheese, milk-based sauces
Breakfast cereals	Enriched milk, yoghurt, honey*, sugar*, fresh/dried fruit

Remember:

Don't try to eat too much at once – small portions of food may be more appealing

Some snack meals can be just as nourishing as a full cooked dinner.

Avoid filling up on drinks i.e. tea, coffee, water, low sugar drinks. If you find cooking difficult or tiring do not be afraid to use convenience food or cook a larger quantity and freeze some for later use.