

## Tips for a small appetite

If you are having difficulty eating or maintaining your weight, the key is to eat little and often. Small, nutritious snacks are often easier to manage than a large meal and small portions can be more inviting.

- Try to eat 3 small meals and 3 snacks a day.
- Use at least 600mls (1 pint) of full cream milk each day.
- Have 6-8 cups of fluid each day (including tea, coffee, fruit juice, squash, soup and milky drinks).
- Have a pudding once or twice a day e.g. yoghurt, trifle, ice cream, cake, sponge pudding, fruit pie, ready prepared desserts.
- Enrich your food to increase calories:
  - To make enriched milk, add 2-4 tablespoons of skimmed milk powder to 600mls of full cream milk. You can then use this in place of your ordinary milk to make tea, coffee, packet soups, sauces, puddings or on breakfast cereal.
  - To soup, add grated cheese, cream, dried skimmed milk powder or pasta.
  - To milk based sauces add cream, evaporated milk or cheese.
  - To puddings add cream, custard, full fat yogurt, evaporated/condensed milk, ice cream, honey or dried fruit.
  - To potatoes and vegetables add grated cheese, cream, margarine/butter, olive oil, mayonnaise or salad cream.
- Snacks can include toasted crumpets/teacakes, yoghurt, crackers and cheese, fruit cake, malt loaf with butter, breadsticks with hummus/guacamole, or peanut butter with vegetable sticks.
- Cakes, pastries, biscuits, chocolate, nuts and crisps can provide extra energy when eaten with meals or as a snack.
- Choose nutritious drinks between meals, for example; malted milk drinks, drinking chocolate, instant soup made with milk, milk shakes or fruit smoothies.
- If you are finding cooking difficult or tiring, you can stock up on convenience foods and buy either chilled or frozen ready-made meals, or tinned foods.
- Try some supplements (high calorie drinks) such as Meritene® (soup & shake), Savoury Complan® or Complan® which are available from the pharmacy or supermarket in various sweet or savoury flavours.

*Written information cannot replace personalised recommendations. For further advice please seek a dietetic referral from your consultant or GP.*

## **For further information on optimising your nutrition;**

### **Making the most of your food**

[www.malnutritionpathway.co.uk/library/leaflet\\_yellow.pdf](http://www.malnutritionpathway.co.uk/library/leaflet_yellow.pdf)

### **Malnutrition Food Fact Sheet**

[www.bda.uk.com/uploads/assets/a3b7670b-7f77-4a9f-b5bf14179882b6d1/Malnutrition-food-fact-sheet.pdf](http://www.bda.uk.com/uploads/assets/a3b7670b-7f77-4a9f-b5bf14179882b6d1/Malnutrition-food-fact-sheet.pdf)

### **Video on how to make fortified milk**

<https://player.vimeo.com/video/198034453>

### **Basic store cupboard ideas for older adults**

[www.bda.uk.com/uploads/assets/275073a5-06cc-473f-b349ca768124e72f/200406-BDA-OPSG-Store-cupboard-Flier-V2-A4-version.pdf](http://www.bda.uk.com/uploads/assets/275073a5-06cc-473f-b349ca768124e72f/200406-BDA-OPSG-Store-cupboard-Flier-V2-A4-version.pdf)

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