



Nutrition and Dietetics

If you have lost weight, are losing weight or have a small appetite

Common problems and helpful hints

If you have lost weight, are losing weight, or have a small appetite:

- Take advantage of times when you do have an appetite.
- Eat small, frequent meals and snacks as large meals can be off putting.
- Choose nourishing drinks such as full fat milk, milkshakes, hot milky drinks such as hot chocolate, Horlicks, Ovaltine and yoghurt drinks in preference to water, squash, tea or coffee.
- Try foods that are quick and easy to prepare, for example frozen or convenience foods or prepare foods in advance.
- Alcohol can stimulate your appetite if taken in small amounts before a meal. If you are taking medication or are having treatment please check with your doctor or pharmacist whether you may try this.
- Remember that good oral hygiene is important to prevent tooth decay.

Enrich your food/ drinks by adding the following:

- To soups add cream, grated cheese, milk powder, evaporated milk, puréed beans or lentils, ground nuts, croutons. Try making cuppa soups with milk.
- To sauces add butter or margarine (not low fat), evaporated milk, cream, full fat natural yoghurt, grated cheese, ground nuts, pesto.
- To creamed potato add cream, butter or margarine (not low fat) or olive oil, grated cheese, full fat mayonnaise or salad cream, ground nuts, milk based sauces.
- To vegetables add butter, margarine (not low fat) or olive oil, grated cheese, full fat natural yoghurt, full fat mayonnaise.
- To puddings add sugar, honey, syrup, seedless jam, full fat yoghurt, cream, evaporated milk, butter or margarine (not low fat), custard, ice-cream, sorbets, ground nuts.
- To milky drinks add ice-cream, sugar, cream, evaporated milk, milk powder, honey.
- To one pint of full fat milk add four tablespoons of milk powder, for example Marvel, Five Pints, before use to make fortified milk. Keep this in the fridge and use as required.
- To breakfast cereals add fortified milk, evaporated milk, full fat yoghurt, cream, sugar, honey, syrup, puréed fruit, ground nuts.

Comments and complaints

We aim to provide you with a high quality service at all times. However, if you have any concerns, complaints or comments about your experience of our service then please tell a member of the nutrition and dietetics team or contact the PALS and complaints team on freephone 0800 328 7971.

If you need the information in another language or format please ask us

Nëse ky informacion ju nevojitet në një gjuhë apo format tjetër, ju lutem na kontaktoni

आपनि यदि এই তথ্যাদি অন্য কোন ভাষায় বা মাধ্যমে (ফরমটে) পেতে চান তবে দয়া করে আমাদেরকে বলুন

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