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 & Complaints team on freephone 0800 328 7971.

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

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This leaflet was produced by Registered Dietitians.

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

Common problems and helpful hints

CS 074.13
To break fast cereals and fortified milk. Evaporated milk fill
mill. Keep this in the fridge and use as required.
powder e.g. Mornay. Freeze before use to make fortified
To one pint of full fat milk add four tablespoons of milk
milk, milk powder. Honey.
To milkly drinks add ice-cream, sugar, cream, evaporated
To puddings add sugar, honey, syrup, seedless jam, full fat
To yoghurt, cream, evaporated milk, butter or margarine (not
You'll need it, custard, ice-cream, sorbet, ground nuts.

To toffees decay.
Remember that good oral hygiene is important to prevent
pharmacist whether you may try this.

To checked foods are quick and easy to prepare e.g. Frozen or
coffee.

To choose nutritious drinks such as full fat milk, milkshakes, or
hot milkly drinks such as hot chocolate, Horlicks, Oatmeale.

To take advantage of times when you do have an appetite.

If you have lost weight are losing weight or

Following:
Enrich your food/drinks by adding the
nuts.