



FOOD FIRST



Advice for times of poor appetite and weight loss in **diabetes**, this advice is not suitable for some other medical conditions or allergies and is not for long term use.

Daily

Eat three meals and three small snacks every day. This means food or nourishing drinks every 2-3 hours.

Always have breakfast - you need to eat to stimulate the appetite and 'wake up' the digestive system.



- Have **1 pint of full fat milk** daily or even better use enriched milk.
- **Two protein portions** - meat, chicken, fish, eggs, cheese, nuts, beans or lentils. Protein is needed for muscle building and tissue repair.
- **One serving of starchy carbohydrate with every meal** - bread, potatoes, rice, pasta, cereal or chapattis. Wholegrain varieties help keep your bowels moving.
- **Two puddings:** to give extra calories (energy in the diet) and protein. Milk jelly, creamy yoghurts and mousses are quick and easy, have one as a snack.
- **A small portion of fruit and vegetables with your meals** as they are important sources of vitamins, minerals and fibre.

Enriched milk contains extra calories (energy in the diet) and protein. Use in soups, sauces, puddings, milky drinks such as chocolate, all milk coffee, hot malted drinks.



Recipe for enriched milk

Mix 2-4 tablespoons of milk powder into 1 pint of full fat milk

Make your food more nourishing until your appetite is normal, avoid low fat as fats can add a lot of extra calories at times when food intake is poor.

- Add extra butter or margarine to vegetables and potatoes and spread generously on bread, crackers, plain biscuits and spread on both sides of a scone and muffins. Frying also adds extra calories.
- Use cream or evaporated milk in and over puddings and fruit. Double cream is also useful in soups, over breakfast cereals, and porridge and in coffee.
- Add cheese as a topping on vegetables and potatoes and as an extra snack on crackers oatcakes or sweet biscuits
- Use mayonnaise on sandwiches and salads and dressings over salads.



Nourishing drinks ideas

Milkshakes and smoothies - mix your own [in a liquidiser if you have one] using enriched milk along with any combination of fresh or tinned fruit, ice-cream and full fat yoghurt or buy ready made smoothies. Sweet drinks should be taken slowly.

Build Up & Complan - are sold in chemists and supermarkets. Sweet and savoury flavours are available. Use them as a nourishing between meal snack or occasionally to replace a meal. Sweet version should be taken slowly.

Hints and Tips

Always choose nourishing drinks such as enriched milk, a milky drink [see above for ideas], milky coffee, fresh fruit juice rather than having water, low sugar fizzy drinks or tea too often.

It is best not to drink just before meals, drink towards the end or after meals so that you do not fill up on fluids.



Making meal times easier

Ready-made meals - frozen, chilled or packets are all good when you are struggling.

Take up offers of help with cooking and shopping. Make use of home delivery services for delivering shopping or meals.

People eat better in company with friends, family or at a lunch club.



Meals at home - you may be entitled to have a daily meal or frozen meal delivery. Contact your local Social Care Department.

Try to make meals enjoyable as possible away from cooking smells and perhaps after a short walk or a breath of fresh air.



If you have dental problems or ill fitting dentures try to get this sorted.

Small amounts on a small plate may help, seconds can be had!

Enjoy a variety of foods. It might help to have a short break between courses.

Illness eating and diabetes

If illness has reduced your eating then it is very important to check blood sugars regularly as :-

- any infection or 'stress' to body may make the blood sugars go up. High blood sugars will encourage weight loss, and can also be a serious problem for health and lead to hospital admission.
- If reduced food intake is due to feeling unwell (but there is no infection) blood sugars can drop low, then the Doctor or Nurse may need to reduce any medication that is taken to ensure they do not go too low.

Eating better?

Follow a healthy lifestyle and choose a balanced diet when you have recovered.

For further information contact your local diabetes health professional or contact :-

Healthier Scotland on 0845 272 8878 or www.takelifeon.co.uk

Diabetes UK on 020 7424 1000 or www.diabetes.org.uk