



FOOD FIRST

This advice may not be suitable for some medical conditions e.g. diabetes, food allergies

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 to keep the bowels moving.
- **Two puddings:** to give extra calories (energy in the diet) and protein, puddings such as trifle, creamed rice, fruit pies 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 has returned to 'normal' avoid low fat and low sugar products. Fats and sugars 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, cakes 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 also as an extra snack on crackers, oatcakes or sweet biscuits
- Use mayonnaise on sandwiches, salads and as a dressing 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 fruit, ice-cream and full fat yoghurt - sweeten with extra glucose, sugar, honey or syrup poured in while the liquidizer is running. You'll find ready made smoothies or milkshakes such as Yazoo or Nesquik in supermarkets, there are also 'own brand' versions which can be cheaper.

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.

Hints and Tips

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

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



Chocolate, crisps and sweets are a useful source of extra calories but perhaps best kept to the evenings as they can dampen the appetite for nourishing meals.

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.

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

Eating better?

Try to follow a healthy lifestyle and choose a balanced diet when you have recovered.

For further information contact :-

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

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.

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

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

