

**Do you have a small appetite and not been eating the same as you used to? Sometimes it can be hard to know what to do to help; these are some suggestions which may be useful.**

## Everyday

- Try to eat little and often – 3 small meals and 3 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.
- **One** serving of starchy carbohydrate with every meal - **bread, potatoes, rice, pasta, cereal or chapattis**. Wholegrain varieties help to keep the bowels moving.
- **Two** protein portions - **meat, chicken, fish, eggs, cheese, nuts, beans or lentils**.
- **Three** dairy portions per day such as: **milk, cheese and yoghurts**.
- **Plus** a small portion of **fruit and vegetables** with your meals as they are important sources of vitamins, minerals and fibre.
- Puddings can give extra calories (energy in the diet) and protein, puddings such as trifle, creamed rice, fruit pies and mousses are quick and easy and can be had after a meal or as a snack.
- Try to have ½ to 1 pint of full fat or UHT milk daily or even better use enriched milk.



### Recipe for Enriched Milk

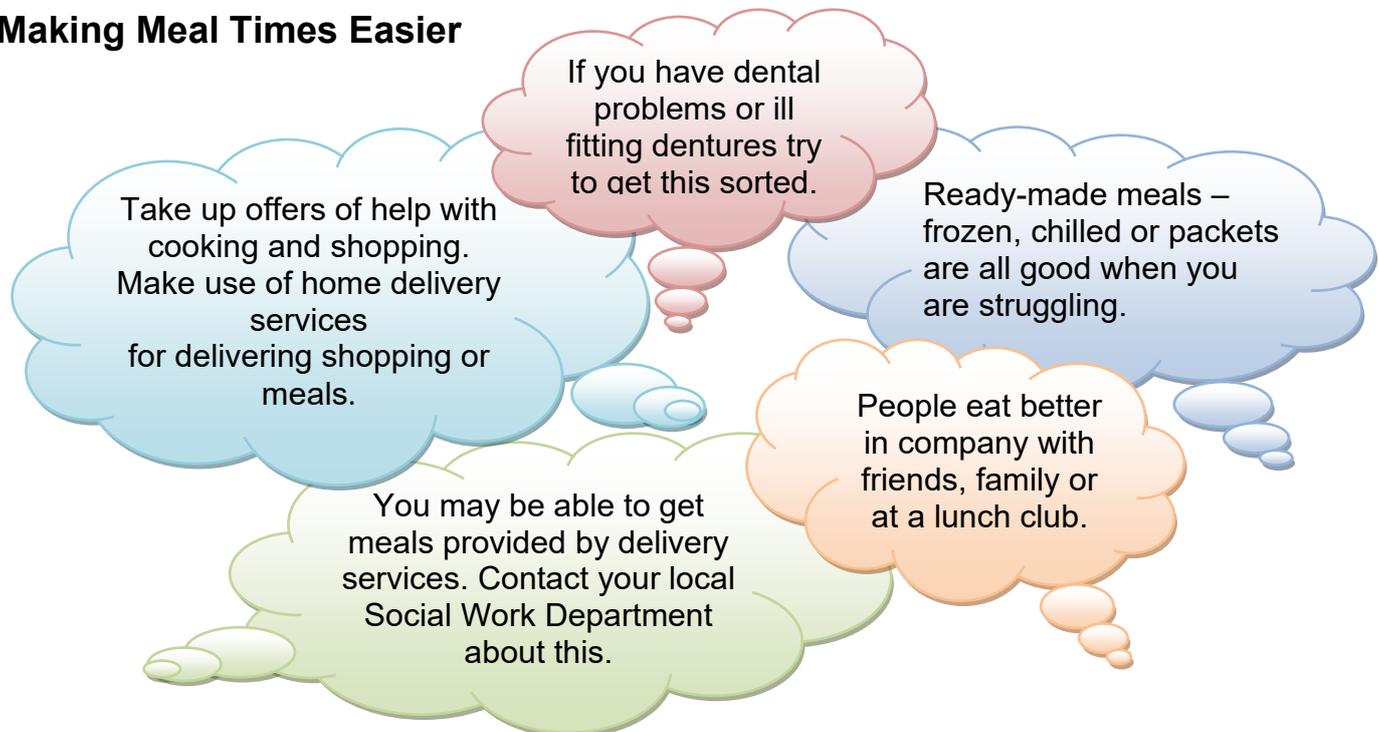
Mix 2-4 tablespoons of milk powder into 1 pint of full fat milk  
Enriched milk contains extra calories (energy in the diet) and protein.  
Use in soups, cereals, sauces, puddings, milky drinks such as chocolate, all milk coffee, hot malted drinks.

Make your food more nourishing until your appetite has returned to ‘normal’, avoiding 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/porridge, on puddings 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.



## Making Meal Times Easier



### 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 sugar, honey or syrup poured in while the liquidiser 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.

**Nutritional drinks e.g. Complan**– are sold in chemists and supermarkets. Sweet and savoury flavours are available. Use them as a nourishing drink/snack between meals and try to avoid these replacing a meal.

### Hints and Tips

- High calorie snacks like 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 rather than having water, low sugar fizzy drinks or tea too often.
- Small amounts on a small plate may help, seconds can be had!
- Try to make meals as enjoyable as possible perhaps staying away from cooking smells having a short walk or a breath of fresh air you may feel better.
- It is best not to drink just before meals as this can often fill you up. Try drinking towards the end of a meal.

