

Using food to treat unintentional weight loss/poor appetite

There are many quick and easy ways to get additional calories in to your diet using every day nourishing foods and drinks. The advice in this leaflet can benefit those with a small or reduced appetite as well as people whose nutritional needs are higher than usual due to an illness or after surgery.



Try the 3-2-1 approach: Aim for 3 calorie boosters, 2 snacks and 1 pint of fortified milk a day. This will help you maintain/gain weight and build your energy levels.

100 Calorie Boosters

Add to meals to boost your intake (tbsp = tablespoon, tsp = teaspoon)

Savoury Toppings

- 1 tbsp peanut butter
- 1 tbsp mayonnaise
- 1 tbsp butter
- 2 tbsp hummus
- 1 tbsp pesto

Sweet Toppings

- 2 tbsp jam
- 2 tbsp honey
- 2 tbsp maple syrup
- 2 tbsp lemon curd
- 1 tbsp chocolate spread

Dairy

- 25g grated cheese
- 1 scoop ice cream
- 1 heaped tbsp double cream
- 3 tsp single cream
- 30ml condensed milk

100 Calorie Snacks

Include 2-3 snacks a day e.g. mid-morning, mid-afternoon and bed time

Savoury snacks

- 1 small packet of crisps
- 2 tbsp cashew nuts
- 2 crackers with 1 cheese spread triangle
- 1 slice of toast

Sweet snacks

- 1 banana
- 3 squares of chocolate
- 1 slice of malt loaf
- Small pot of full fat yoghurt
- 2 plain/1 chocolate biscuit
- Heaped tbsp. raisins

Milk is a nutritious drink. Fortifying milk makes it even more nutritious. It doubles the goodness **without** doubling the amount of milk you drink.

How to make fortified milk:



Add 4 tablespoons of dried milk powder to 1 pint of whole milk and stir well.

*1 pint of fortified milk contains **600 calories** and **40g Protein***

Add to cereal, porridge, rice pudding, custard, soups, milkshake powder, tea/coffee or simply enjoy on its own.



Did you know the average milk based supplement drink available on prescription only contains 300 calories and 12g protein. Half a pint of fortified milk contains the same amount of calories and a third more protein.

The homemade nutritious and enjoyable drinks below are comparable in energy and protein to prescribed nutritional supplements

Strawberry milkshake

346kcal, 10.9g Protein

Mix these together:

- 100mls full fat milk
- 2 tbsp dried milk powder
- 2 scoops ice-cream
- 1 tbsp double cream
- 2 tbsp strawberry milkshake powder

Hot Chocolate Hazelnut Drink

397kcal, 18.9g Protein

Mix the ingredients and heat for 90 seconds in the microwave

- 200mls full fat milk
 - 2 tbsp dried milk powder
- Then add:
- 2tbsp chocolate hazelnut spread and heat for 30 seconds

Fruit Smoothie

265kcal, 2g Protein

Blend these together:

- 150mls orange juice
- 1 banana
- 4 tbsp of tinned peaches in syrup
- 2 tsp of honey

Calories easily add up.....

Two calorie boosters e.g. 1 tbsp peanut butter added to toast at breakfast, 1tbsp butter on vegetables and potatoes (200 calories)

Two snacks e.g. 2 tbsp nuts mid-morning & 2 plain biscuits mid-afternoon (200 calories)

½ pint of fortified milk (use in tea/coffee, add to soup at lunch and puddings) **and one nourishing drink as per recipes above** (600 calories)

This adds up to an **extra 1000 calories** a day building your energy levels

Next Steps:

Try following the advice provided for 4 weeks. If you are still losing weight or continue to be concerned about your nutritional intake please discuss this with your GP.