

MAKING THE MOST OF YOUR FOOD
Getting the most from your food if you have a poor appetite or have lost weight without trying
FOOD FIRST ADVICE FOR COMMUNITY SETTINGS

Little and Often

Have a regular meal and snack routine - try not to miss or skip meals
Eat small, frequent meals and snacks, and take nourishing drinks in between meals
Have drinks separately from meals, as they can fill you up too quickly
Have a pudding once or twice a day
Snacks in between meals can help to boost your energy intake

Enriching your Food

Choose full fatfull cream foods instead of low fat / low sugar types eg. creamy yoghurts, whole milk
Add sugar, jam, honey, milk powder or cream to porridge, breakfast cereals or puddings
Use butter in sandwiches or with crackers or plain biscuits
Add butter, cream and/or grated cheeses to mashed potato, vegetables and pasta dishes

Nourishing Drinks

Milk is full of nutrition. Try to have 1 pint of milk each day
To make fortified milk add 4 tablespoons of milk powder to 1 pint of milk. This can be used on cereals, in sauces, to make custard and in drinks eg. Hot chocolate / Cocoa, Coffee / Cappuccinos, Malted drinks, Milkshakes / Smoothies
Powdered supplements such as Complan, Meritene Energis, Aymes Retail and Nurishment are available from most supermarkets and pharmacies and can be used between meals. They should not be used to replace meals.

Other Helpful Tips

If preparing food is difficult, try ready meals, a meal delivery service or ask friends and family for help in shopping, preparing and cooking meals.

Ideas for your store cupboard

Long life milk, tinned meat or fish, tinned / packet soups, baked beans, tinned fruit and vegetables, breakfast cereals, biscuits, crackers, tinned milk puddings, hot chocolate

Ideas for your freezer / icebox

Potato waffles, oven / microwave chips, fish fingers / cakes, breaded chicken / goujons, ready to cook burgers, ready meals

Making the most of your food - advice for community settings and - Watch out for weight loss advice

- Food first advice for community settings.
- Watch Out for Weight Loss provides advice about changes to look for if you have concerns about weight loss. It also gives some simple steps for improving the calories and protein in snacks and meals.

28 September 2022

Last reviewed

04 November 2022

Details

Format

A4 poster

Target group

Health professionals

Downloads

Attachment	Size
Making the most of your food -advice for community settings March 22.pdf	274.77 KB
Watch out for weight loss	344.93 KB

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