

South Warwickshire



NHS Foundation Trust

Warwickshire Dietetic Service

Now Your Appetite has Improved

After a period of poor appetite, it can be difficult to know what to eat to keep your weight steady. This leaflet will guide you through making healthier choices while maintaining your weight.

Use the Eatwell Guide overleaf to ensure you have a balanced diet. This includes:

- Eating plenty of fruit and vegetables - aim at least 5 portions a day
- Eating some potatoes, bread, rice, pasta and other starchy carbohydrates at each meal especially the high fibre varieties
- Having small portions of beans, pulses, fish, eggs, meat and other proteins every day
- Choosing some dairy products each day
- Drinking at least 6 to 8 cups of fluid each day.

We have provided some meal ideas on page 3 to help you achieve a nourishing but balanced diet.

What is a healthy diet?

The Eatwell Guide shows you the proportion of different food groups that should be included in a healthy diet.



Source: Public Health England in association with the Welsh government, Food Standards Scotland and the Food Standards Agency in Northern Ireland

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Saturated fat

Once you are eating regular and balanced meals, aim to reduce the saturated fat in your diet by:

- Cutting the fat off your meat before cooking.
- Cooking with olive oil, rapeseed oil, sesame seed oil or sunflower oil.
- Using margarine made from olive oil or sunflower oil instead of butter.
- Choosing a reduced fat cheese instead of the full fat version. Try naturally lower fat cheeses, such as Edam, ricotta or cottage cheese.
- Choosing low fat snacks instead of pastry and biscuits, such as popcorn, bread, toast or crumpets with margarine, dried fruit or a cereal bar.
- Using low fat yoghurt, low fat crème fraiche or dessert topping made with semi-skimmed milk instead of adding cream or evaporated milk to your food.

Sugar

You can reduce the sugar in your diet by swapping sugary drinks for water, milk, tea, coffee and low sugar squash. Replace sugary snacks, such as sweets, chocolates and biscuits, with fresh or dried fruit, plain popcorn, plain biscuits, a crumpet, scone or English muffin with margarine.

Cut down on how much sugar, syrup and sweet preserves (jam, marmalade, lemon curd and chocolate spread) that you add to drinks and food.

Monitor your weight

Aim to weigh yourself monthly. If you find you are losing weight, reintroduce some of the foods that you have cut out. If you continue to lose weight, make an appointment to see your dietitian, GP or nurse. If you do not have bathroom scales at home, arrange to have your weight checked at your GP practice, your local pharmacy or the supermarket.

If you are unable to weigh yourself, be aware of visual signs of your weight dropping such as your jewellery or clothes becoming looser.

Meal Ideas

Breakfast

- Scrambled egg with toast and a glass of fruit juice.
- Porridge or cereal made with semi skimmed milk with banana or dried fruit.
- Smoked haddock with toast and grilled tomatoes.

Light meals

- Sandwiches filled with cold meat, tinned fish, cheese or hard boiled egg. Include salad in the sandwich or serve with a bowl of fruit and yoghurt.
- Omelette and potato wedges with vegetables or salad.
- Jacket potato with baked beans, chilli con carne or tuna mayonnaise. Serve with vegetables or have a portion of fruit afterwards.
- Quiche, potato salad and side salad.

Main meals

- Shepherds pie, Cottage pie or Quorn pie with vegetables.
- Stew or casserole with potato or cous cous.
- Fish in sauce with potatoes and vegetables.
- Fish cakes with peas and potato wedges or oven chips.
- Pork chop with mashed potato and vegetables.
- Spaghetti bolognese.
- Lentil curry with rice or chapatti.

Snacks and Drinks

You may need to continue to include snacks in your diet to help maintain your weight. Some snacks that are lower in fat and sugar are given on page 2.

Aim to have 6 to 8 cups of fluid every day. Continue to use nourishing drinks, such as milk and fruit juice, to help maintain your weight. Consider swapping to a lower fat milk such as semi skimmed milk and reducing your fruit juice intake to one glass each day.

Equality Statement

At South Warwickshire NHS Foundation Trust we are fully committed to equality and diversity, both as an employer and as a service provider. We have a policy statement in our Equality Strategy that clearly outlines our commitment to equality for service users, patients and staff:

You and your family have the right to be treated fairly and be routinely involved in decisions about your treatment and care. You can expect to be treated with dignity and respect. You will not be discriminated against on any grounds including age, disability, gender reassignment, marriage and civil partnership, pregnancy and maternity, race, religion or belief, sex or sexual orientation.

You have a responsibility to treat other service users, patients and our staff with dignity and respect.

Our information for patients can also be made available in other languages, Braille, audio tape, disc or in large print.

PALS

We offer a Patient Advice Liaison Service (PALS). This is a confidential service for families to help with any questions or concerns about local health services.

You can contact the service by the direct telephone line on 01926 600 054 by email:

Pals@swft.nhs.uk or by calling in person to the PALS Office which is located in the Lakin Road Entrance to the hospital.

If you have any queries about your diet, please contact us on 01926 600818, selecting option 3

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