

This leaflet is intended to give you ideas to prevent you losing weight or to help you gain weight.

**Have 3 nourishing meals everyday**

If you cannot manage a full cooked meal, choose a light meal, for example a jacket potato with tuna and mayonnaise or cheese, eggs on toast, a sandwich or a bowl of cereal. You can make your meals more nourishing by adding high energy ingredients to your food. For example, use full fat milk, add double cream to your porridge and desserts, melt extra butter or margarine onto your potatoes and vegetables or serve them with a cheese sauce. Add full fat yoghurt, custard or evaporated milk to your desserts. Add syrup, honey or sugar to porridge, cereals, puddings or stewed fruit. In general avoid foods labelled low fat, low sugar or low calorie.

A ready meal can also be an option. Delivered meals are available from companies including Community Meals Service (Meals on Wheels) 01908 217254, Wiltshire Farm Foods 0800 773773 or Oakhouse Foods 0845 643 2009.

**Have 2 nourishing snacks everyday (in between meals)**

By eating more often, you will increase the energy content of your diet. You could have a slice of toast, crumpets, teacakes with butter or margarine, a sausage roll or pasty. If you prefer sweeter foods, you could have a cake, a sweet pastry, chocolate, rice pudding, custard, crème caramel, thick and creamy yoghurts or tins/pots of fruit in syrup.

**Have 1 pint of fortified milk everyday**

Milk is very nourishing and should be included in your diet. If possible use full fat milk. Make your milk more nourishing by 'fortifying' it. Simply add 3-4 tablespoons of dried milk powder into one pint of milk and whisk well. Use the milk as normal, such as on cereal and in your tea or coffee. You could also use it to make hot chocolate, a milky coffee, milkshakes and smoothies. Try Build-Up or Complan shakes or soups, these are available from the chemist or larger supermarkets.

If you dislike or cannot tolerate milk, try having other high energy drinks such as fruit juice, fizzy drinks or energy drinks (avoid the low calorie and sugar free versions).

**Further Information**

If you are still unsure about how to improve your diet after reading this leaflet, or are concerned that you are still losing weight, contact your local dietetic department or make an appointment with your GP or nurse.

**If you have any queries about your diet, please contact us:**

Dietetic Department  
George Eliot Hospital  
Nuneaton  
Tel 024 76865098

Dietetic Department  
Warwick Hospital  
Warwick  
Tel: 01926 495321 Ext 4258

### PALS

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

You can contact the service by direct telephone line on 01926 600054 or using the phone links which are available in both hospitals or calling in at the office located in the main entrance at Warwick Hospital.

Our information for patients can also be made available in other languages, Braille, audio tape, disc or in large print – please contact our PALS office.

As a key provider of healthcare and as an employer, the Trust has a statutory obligation to promote and respect equality and human rights. This is set out in various pieces of legislation including: Race Relations (Amendment) Act 2000, Disability Discrimination Act (2005), Sex Discrimination Act (1975) and Age Discrimination Act (2006)

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