

This leaflet will give you ideas to prevent you losing weight or help you gain weight. It is intended for people with conditions such as heart disease or diabetes.

Have 3 nourishing meals everyday

If you cannot manage a full cooked meal, choose a light meal such as a ready-meal, jacket potato with beans, a sandwich, bowl of cereal or eggs on toast. Make your meals more nourishing by adding high energy ingredients into your food. For example, cook your meat and poultry in olive oil, sesame seed oil or rapeseed oil, melt some margarine onto your potatoes and vegetables or serve them with a cheese sauce and add yoghurt or custard to your desserts.

A ready-meal can also be an option. Delivered ready-meals are available from companies including the Community Meals Service (Meals on Wheels) 01908 217254, Wiltshire Farm Foods 0800 773773, Oakhouse Foods 0845 643 2009 and Punjab Kitchen 0191 456 0456.

Have 2 nourishing snacks everyday (between meals)

By eating more often, you will increase the energy content of your diet. You could have a slice of toast, crumpet, teacake, scone or malt loaf with margarine. If you prefer sweeter foods, you could have rice pudding, custard, instant whip or yoghurt.

Have 1 pint of fortified milk everyday

Milk is very nourishing and should be included in your diet. You can make your milk more nourishing by 'fortifying' it. Simply add 3 to 4 tablespoons of dried milk powder into one pint of milk. Use this milk as normal, such as on cereal and in your tea or coffee. You could also use it to make hot chocolate, milky coffee, milkshakes and smoothies. Meritene, Aymes and Complan are high energy drinks and soups available from your pharmacy or supermarket.

If you dislike or cannot tolerate milk, try having other nourishing drinks such as fruit juice, fruit smoothies, fizzy drinks or energy drinks (avoid the low calorie and sugar-free versions). However, if you have diabetes you may need to increase your medication if your sugar intake is increased. Seek advice from your GP or diabetes nurse if you are concerned.

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 on 01926 600818, selecting option 3

Dietetic Department
George Eliot Hospital
Nuneaton

Dietetic Department
Warwick Hospital
Warwick

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.

Author	Registered Dietitian
Department	Dietetics
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