Making Your Diet More Nourishing

South Warwickshire NHS

NHS Foundation Trust

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) 01926 889511, Wiltshire Farm Foods 0800 0773100, Oakhouse Foods 0333 3706700 and Punjab Kitchen 0191 456 0456.

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, tins or 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 Meritene, Aymes 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, fruit smoothies, 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 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.

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Information
Group