

South Warwickshire



NHS Foundation Trust

Warwickshire Dietetic Service

Nourishing Meals

This leaflet will give you some ideas for meals to include in your diet to prevent you losing weight or to help you gain weight. Aim to include at least **three nourishing meals** in your diet every day. Remember to choose the higher calorie versions.

Please avoid low fat products.

Nourishing Meals

Milk

Milk is very nutritious, being full of protein and calcium. You can make it extra nutritious by adding dried milk powder to make 'fortified milk'

Fortified Milk

- Add 3 to 4 tablespoons of dried milk powder to a pint of full-fat (whole) milk. You can use skimmed or full-fat dried milk powder. Some examples are Marvel and Nido.
- If you find full-fat milk too rich, try fortifying semi-skimmed milk with skimmed milk powder. The milk powder will add more protein, but not more fat, so you may find that you tolerate this better.
- You can use fortified milk as you would normally, such as on cereal, in tea and coffee, in milk based sauces, puddings and in recipes.
- Dried milk powder can also be added directly in to food. For example, you can stir it in to soups, stews, instant mashed potato, custard or rice pudding.

Butter or Margarine

- You should use full-fat butter or margarine if you have a poor appetite or have lost weight.
- If you are having a sandwich or toast, spread your butter or margarine extra thickly.
- Add plenty of butter or margarine on to your potatoes and vegetables at mealtimes.
- Bake fish in the oven with butter
- Stir extra butter or margarine through rice, couscous or pasta

Cheese

- Use full-fat cheese in your sandwiches or melted on toast or crumpets.
- You can use any of your favourite cheeses, but full-fat hard cheeses, cream cheese and Mascarpone cheese are particularly high in energy.
- Try melting cheese into your food, such as soup and mashed potato.
- Use cheese in recipes, such as in sauces, pasta dishes and omelette.
- You could keep some grated cheese in your fridge and then sprinkle it over your meals, such as on top of spaghetti bolognese, shepherds pie and fish pie.
- You can buy grated cheese in packets ready to use.

Oil

- When roasting food, use more oil than you would usually.
- You can drizzle oil over pasta and salads.
- If you wish to use a more healthy oil, try using olive, rapeseed or sesame seed oil.
- Add more oil when making stews and soups or roasting meat and vegetables.

Nourishing Meals

Mayonnaise, Salad Cream and Sauces

- Use full-fat mayonnaise or salad cream in your sandwiches. For example, you can mix it with tuna, egg or make a Coronation chicken filling.
- Use as a dip for chips and potato wedges.
- Add mayonnaise or salad cream to your salad dishes.

Nuts, Seeds and Dried Fruit

- Try adding chopped or ground nuts to your food, such as in stir-fries, soups, stews, desserts and smoothies.
- Add a spoon of chopped dried fruit, nuts or seeds to your cereal or porridge.
- Try toasting seeds, such as sesame seeds or sunflower seeds, and sprinkle them over porridge, stir-fries and salads.

Cream

- You can add cream to milky foods, such as porridge, creamy soup, milk based sauces, puddings and custard.
- Pour or spoon cream on to your desserts.
- Instead of having fruit on its own, chop it up into a bowl and pour or spoon cream on top. You can do this with fresh, tinned or dried fruit.
- Add to fruit pie or crumble.
- You can even use cream in your coffee or with hot chocolate.
- Use single, double or whipped cream with sweet dishes.
- Use sour cream or double cream with savoury dishes, such as jacket potato or as a dip.

Evaporated Milk

- As with cream, you can add evaporated milk to any milky foods or have with desserts or fruit.
- Evaporated milk or condensed milk has a long life so keep some tins in your cupboard and use it when you run out of cream.

Yoghurt and Ice Cream

- Add thick and creamy yoghurt or ice cream to your puddings and fruit.
- Try plain full fat yoghurts e.g. Greek, Fromage Frais or sour cream in savoury dishes. You could add some herbs and then use it as a dressing with jacket potato.

Sugar, Syrup, Honey and Sweet Spreads

- Try adding these to your sweeter foods. For example, add a spoonful in to your porridge or cereal or add to your puddings and stewed fruit.
- If you are having toast, crumpets or scones, spread a thick layer of jam, marmalade, chocolate spread, peanut butter, lemon curd or honey on top.

Nourishing Meals

Nourishing Meal Ideas

Breakfast

- Creamy scrambled egg with thickly buttered toast.
- Eggy bread.
- Porridge or cereal with added sugar or jam, made with fortified milk.
- Scotch pancakes, English muffins, crumpets, waffles with butter, jam, honey or chocolate spread.
- Muesli with fortified milk and natural yoghurt.
- Bacon sandwich with plenty of butter.

Light meals

- Sandwiches filled with cold meat, bacon, tinned fish, cheese, hard boiled egg or peanut butter. You can add mayonnaise or salad cream, pickles or relish. Use a thick spread of full-fat margarine or butter.
- Toast with baked beans and cheese, pate, cheese, ravioli, spaghetti and cheese, eggs, pilchards, sardines, ham. Add a thick spread of full-fat margarine or butter.
- Creamy soup with added cream and grated cheese with bread and butter.
- Chunky soup with added meat, fish or beans.
- Creamy dried packet soups or instant soups can be made with milk instead of water.

Nourishing Meals

Main meals

All meals listed below can be served with buttered vegetables and/or potatoes, rice, pasta, couscous, breads. Tinned, frozen or fresh varieties are fine.

- Bacon and egg with tomatoes and buttered toast.
- Sausages or burgers with baked beans and bread or potatoes.
- Oven ready fish, fish fingers or fish cakes with peas and oven chips.
- Macaroni, lasagne, cauliflower cheese or chilli– with extra grated cheese on top.
- A buttered jacket potato with cheese, beans or tuna mayonnaise.
- Corned beef hash.
- Tinned stew or casserole.
- Shepherds pie, cottage pie or fish pie with grated cheese on top.
- Chicken curry or dhal with rice or chapatti spread with butter or full-fat margarine.
- Fish in cheese, butter or parsley sauce.
- Ham or cheese omelette with oven chips and salad with mayonnaise or salad cream.
- Ready meals which can be oven cooked or microwaved - look for those with 400 calories or more.

Desserts

- Thick and creamy yoghurt.
- Tinned fruit with evaporated or condensed milk, cream, custard or ice cream.
- Sponge cake or fruit crumble with cream, custard or ice cream.
- Mousse, crème caramel, egg custard, panna cotta.
- Milk puddings e.g. rice, tapioca, semolina.
- Trifle with cream.
- Cheesecake.

Tooth Care

If you include sugary drinks and snacks in your diet, make sure you follow the tooth care advice given by your dentist, or request a copy of 'Looking after your teeth on a high sugar diet'.

If you are still unsure how to improve your diet after reading this leaflet, or are concerned that you are still losing weight, speak with your dietitian, GP or nurse.

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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