

How to Eat Well



How to eat more and stop weight loss

(Accessible information)

Produced by Warwickshire Dietetic Department



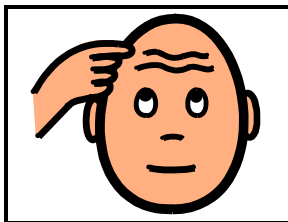
Sometimes you don't feel like eating because...



You are feeling ill



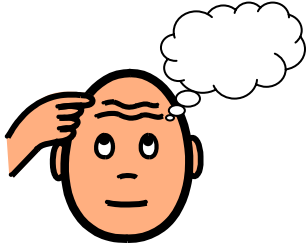
You are feeling tired and low in mood



You may forget to eat



You have not eaten regular meals for a long time



Ideas to help you eat well & stop weight loss



Eat **3** meals a day
Make your meal or buy a ready-meal



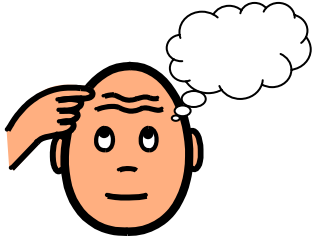
Have a pudding after your meals



Have snacks between meals & before bed



Have 2 milky drinks made with full cream milk
(blue top)



Ideas for puddings



Sponge, pie or crumble with custard



Fruit with custard, ice cream, cream or instant whip



Thick & creamy yoghurt, mousse or trifle



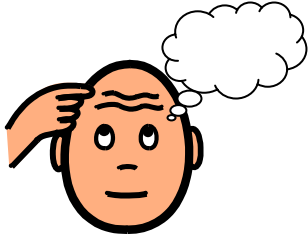
Rice pudding, semolina, ground rice pudding with jam, fruit or cream



Gateau, cream cake, cheesecake, éclair, doughnut, fruit cake



Chocolate or sweets



Ideas for snacks



Cereal & full cream milk



Crisps & nuts



Sandwiches
Cheese, egg or beans on toast



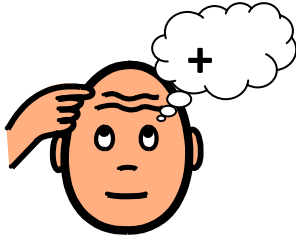
Hot-cross bun
Plain or cheese scone



Cheese & crackers



Pork pie, sausage roll, samosa, spring roll



More ideas



Add extra butter or margarine to potatoes & vegetables



Spread butter, margarine, mayonnaise, jam and marmalade thickly



Add cheese to pasta, potatoes & sandwiches



Add cream or evaporated milk to soups & puddings



Add sugar to tea, coffee & breakfast cereals



Add honey or syrup to porridge & rice pudding



Ideas for drinks if you don't like milk
(avoid diet drinks)



Try fruit juice mixed with ordinary (not diet) lemonade



Fruit smoothies



Ordinary (not diet) fizzy drinks



Tinned or fresh soups with cream or grated cheese added



Looking after your teeth



Brush your teeth 2 x a day, morning and night



Use toothpaste with fluoride



Have sweet foods & sweet drinks at the **end** of meals



Have savoury snacks or milky drinks in between meals



See your dentist every 6 months for a check up



If you are looking thin...



Speak to your GP



Ask to see a dietitian



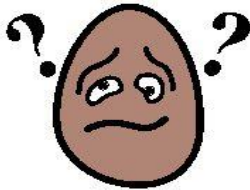
Weigh yourself 1 x a week



If you become too thin you might have...



Difficulty walking



Poor concentration



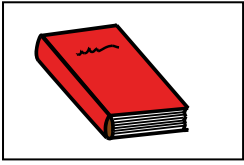
More infections



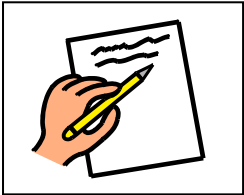
Low mood



Higher risk of your skin breaking down (pressure sores)



**Contact your local dietetic department
if you require more information**



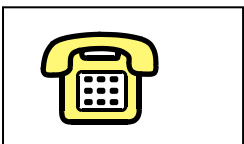
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**Contact PALS if you have a question
or concern about your healthcare**



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