

Little and often Advice leaflet



If you have lost weight unintentionally or have a small appetite it is important that what you do eat is as nourishing as possible. You will need to eat a variety of foods, choosing higher calorie options whenever you can.

This information will give you ideas for food and drinks to have when your appetite is small and suggest ways to increase the amount of nourishment in your meals.

Include the following each day

-  3 small meals + 2-3 snacks or milky drinks
-  Bread, rice, pasta, cereal, chapatti or potatoes at each meal
-  Meat, chicken, fish, eggs, cheese, yoghurt, nuts, lentils or beans twice a day
-  Fruit, vegetables or fruit juice at each meal
-  Use one pint of full cream milk each day or ½ pint of fortified milk (see recipe below)
-  8 cups of fluid

Adding extra nourishment to your food

 **Fortified milk:** mix 2 tablespoons of milk powder into half a pint of full cream milk. Use this fortified milk in place of ordinary milk or water to make up coffee, packet soup, condensed soup, sauces, mousses, milk puddings, porridge and other breakfast cereals.

 **Breakfast Cereals:** add one or more of the following - fortified or evaporated milk, cream, thick and creamy yoghurt, fresh or dried fruit, nuts, syrup, honey or sugar. If you have diabetes, please ask your dietitian or diabetes healthcare team before adding extra sugar, syrup and honey to foods and drinks.

 **Soups and Sauces:** add one or more of the following - grated or cream cheese, cream, milk powder, fortified or evaporated milk, crème fraîche, thick and creamy yoghurt, fried onions, margarine, butter, croutons, lentils or pasta.

 **Potatoes and Vegetables:** roasting potatoes and vegetables in olive, rapeseed or sunflower oil will provide more energy than boiling them. Or add one or more of the following to potatoes or vegetables - grated cheese, cream, milk based sauces, margarine, butter, mayonnaise, salad cream or fried onions.

 **Puddings and cakes:** add one or more of the following - cream, evaporated milk, crème fraîche, thick and creamy yoghurt, custard, ice cream, jam, honey, syrup, treacle, chocolate or fruit sauces, dried fruit. If you have diabetes, please ask your dietitian or diabetes healthcare team before adding extra sugar, jam, syrup, treacle, honey and chocolate or fruit sauces to foods and drinks.

Using convenience foods such as frozen, chilled or packet ready meals can help if your appetite is affected by cooking smells or you are unable to stand for long periods of time.

As well as considering food, other simple measures may help to stimulate your appetite. Fresh air, gentle exercise and eating in company may be helpful.

For meal ideas see overleaf

*** Meal Ideas ***

Breakfast

Porridge or other breakfast cereal with fortified milk and sugar and a glass of fruit juice.

Cereal with full fat yoghurt and fresh or dried fruit.

Toast, crumpets, croissants or bagel with extra butter, jam, marmalade, honey, lemon curd, chocolate spread, peanut butter, or spreading cheese, and a glass of fruit juice.

Scrambled egg, fried bacon and tomato with buttered toast.

Boiled, scrambled or poached egg with buttered toast and a glass of fruit juice.

Light Meals

Soup with a buttered bread roll. Make up condensed or packet soup with full cream milk, or add a swirl of cream or grated cheese to home made or tinned soup.

Sandwiches or toasties filled with cheese, egg, meat or tinned fish with added mayonnaise, or salad cream, and salad (such as tomato, cucumber, beetroot or lettuce).

Baked beans or tinned ravioli on buttered toast topped with grated cheese.

Omelette (such as cheese and tomato, or ham and mushroom) with buttered bread.

Macaroni cheese with extra cheese and sliced tomato.

Jacket potato with lots of butter and fillings such as baked beans, tuna mayonnaise and sweetcorn, or cheesy coleslaw.

Puddings

Individual chilled desserts such as thick and creamy yoghurts, fromage frais, trifles, cheesecakes or mousses.

Tinned fruit in syrup with evaporated milk, cream or ice cream.

Fruit crumble with cream, custard or ice cream.

Tinned or home made rice pudding.

Sponge or tart with custard .

Gateau with cream.

Snack Ideas

- Crisps, nuts or dried fruit
- Crackers with cheese or dips with breadsticks or vegetable sticks
- Sausage rolls, bhajis or samosas
- Naan bread
- Toast, crumpets, bagels or teacakes with butter, peanut butter or cream cheese
- Breakfast cereals with fortified milk (good at any time) or cereal bars
- Chocolate or shortbread biscuits
- Ice creams - try chocolate bar ones for extra calories
- Cream or fruit cakes, muffins, doughnuts, scones with cream and jam
- Sweet or toffee flavoured popcorn

Drinks

- Milky tea or coffee made using fortified milk, and sugar
- Fruit juice
- Smoothies
- Fruit squash
- Milky drinks e.g. full cream or fortified milk, flavoured milk drinks (strawberry, chocolate, or banana milk), hot chocolate, Horlicks®, Ovaltine®, Complan®, or Build Up® milkshakes

If you have diabetes, please ask your dietitian or diabetes healthcare team before adding sugar cereal or having sugary, sweet snacks and drinks.