

A guide to eating well if you have a small appetite or are trying to gain weight

For fragility patients

Nutrition and Dietetics

Patient Information Leaflet

It is important to eat simple meals, snacks and drinks to increase your protein and calorie intakes without you having to increase the amount of food that you eat.

If you have a poor appetite, have problems with eating or have lost weight recently, it is important that the food and drinks that you have contain as much calories and protein as possible.

This helps you to either gain weight or prevent further weight loss, to recover from illness or surgery, heal more quickly and reduce the risk of infection.

General tips

- Aim to have three small meals plus two to three nourishing snacks in between (eating every two to three hours)
- Avoid low-fat or reduced-sugar foods or drinks
- Use full-fat (whole) milk instead of skimmed or semi-skimmed milk and normal butter/ margarine/ olive oil or sunflower spread rather than low-fat spread
- Have drinks after meals, rather than before or with meals
- Try to eat in a relaxed and comfortable environment
- Aim to drink at least 900-1200ml (six to eight cups) of fluid daily, ideally 568ml (one pint) of which is full-fat (whole) milk or fortified milk

Suggestions for enriching drinks and snacks to add more calories

- Fortified milk can be made by adding four heaped tablespoons (about 50g) of dried skimmed milk powder to one pint of full-fat milk, this can be used, for example, in drinks, on cereal, in custard and rice pudding and in cheese sauce
- Spread butter/margarine thickly on bread or crackers and use liberally as follows:
 - Melt onto vegetables, boiled potatoes or jacket potatoes
 - Stir into hot pasta or rice
 - Stir into baked beans or scrambled eggs
- Add grated cheese to soups, omelettes, scrambled eggs, baked beans or tinned spaghetti
- Add cream, ice-cream or custard to puddings or fruit (fresh, tinned or stewed)

Breakfast

- Bowl of cereals or porridge with milk/fortified milk/cream and sugar
- Toast, crumpets, muffins with thickly spread butter or margarine plus jam, marmalade, peanut butter or egg (scrambled or fried)
- Hot buttered teacakes, hot cross buns or croissants
- Bacon, sausage and or egg sandwich
- Pancakes, waffles with maple syrup or jam

Light meal ideas

- Sandwiches with meat, corned beef, chicken, tuna, egg or cheese, with pickles, relish or mayonnaise
- 'Cream of' type of soups or lentil or bean soups served with bread and butter or try adding cheese or cream
- Omelette with extra cheese or ham with tomatoes, baked beans or bread and butter
- Buttered toast with cheese, baked beans, egg, pilchards, sardines, bacon or sausage
- Ravioli or spaghetti on toast - try adding extra butter or grated cheese
- Macaroni cheese, cauliflower cheese – try adding extra grated cheese and butter
- Jacket potato with butter and cheese and beans, cheese or tuna mayonnaise
- Corned beef hash, cheese and potato pie, quiche, cottage pie, lasagne, fish pie
- Meat, chicken, fish or vegetarian alternative with cheese or creamy sauce, mashed potatoes with butter/margarine and cream, roast potatoes, chips and vegetables (with butter melted on top)

Puddings

- Trifle
- Thick and creamy yoghurt
- Rice or other milk-based pudding
- Custard
- Milk jelly
- Chocolate mousse
- Fromage frais
- Egg custard
- Sponge pudding and custard
- Fruit crumble and custard, cream or ice-cream

Nourishing snacks and drinks

- Milky drinks such as coffee, malted drinks or hot chocolate
- Milkshake – try adding ice cream
- Small bowl of breakfast cereal with full-fat or fortified milk
- Small piece of cheese with or without buttered crackers or cheese biscuits
- Nuts (plain, salted, roasted or coated in chocolate or with dried fruit)

- Mini pork pies, sausage rolls, scotch eggs, spring rolls, pakora, onion bhajis, samosas
- Peanut butter on toast

Under review

Calcium – food facts*

Osteoporosis is a progressive skeletal disease characterised by low bone mass and is a contributory factor in at least 85 per cent of all fractures.

Calcium is important at all ages for strong bones and teeth. In older people, adequate dietary intake of calcium and vitamin D is required in order to help maintain bone health.

Where is calcium found in the diet?

The main sources of calcium in our diet are from milk and dairy produce. These sources can provide more than half of our daily requirements for calcium.

How much calcium do I need each day?

In the UK it is recommended that you aim for 700mg of calcium per day, from dietary sources.

What does that mean?

To achieve 700mg per day of calcium, **aim for 12 calcium stars** from the following table:

Horlicks Original 25g (with milk)	★ ★ ★ ★ ★ ★ ★ ★ ★ ★ ★ ★ ★ ★
Ovaltine Original 25g (with milk)	★ ★ ★ ★ ★ ★ ★ ★
Ovaltine Light chocolate 20g (with milk)	★ ★ ★
Milk (all types) 1/3 pint (200ml)	★ ★ ★ ★
Cheese, hard – matchbox size (30g)	★ ★ ★ ★
Yoghurt plain/ fruit – 1 pot (150g)	★ ★ ★ ★
Rice pudding ½ large tin (200g)	★ ★ ★
Cottage cheese 1 pot (100g)	★ ★
Custard 1 serving (120mls)	★ ★
Milk chocolate (50g)	★

What do I eat if I don't like dairy produce?

Whilst dairy produce is an excellent source of calcium, it does not suit everyone. Alternative sources of calcium can be found in the following products.

Calcium-enriched orange juice (250mls)	★★★★★
Sardines (with bones) ½ tin (60g)	★★★
Baked beans small tin (220g)	★★★
Spinach, boiled 1 serving (120g)	★★★
Figs, dried, 4	★★★
Tofu (60g)	★★★
Calcium-fortified cereal	★★★
Calcium-fortified bread	★★★
White bread – 2 large slices	★★
Orange x 1	★

1 star = 60mg calcium ★

What about Vitamin D?

To make sure that the calcium in our food is absorbed for use, in our bones, we need to make sure that we get enough vitamin D. The action of sunlight on the skin is the best source of vitamin D. In the summertime, going outside for 15 minutes, two or three times per week without sunscreen should be enough to produce sufficient vitamin D.

Vitamin D can also be found in some foods. The best sources are fortified margarines, fortified breakfast cereals, eggs and oily fish such as mackerel and sardines. However, you can't get enough vitamin D from food alone.

*This information is adapted from BDA Food Fact Sheet

Further information

If you have any questions, are unsure about any of the information provided in this booklet, or require any further information regarding our services, please contact a member of the Nutrition and Dietetics team on one of the numbers listed below:

- Dieticians Department, Russells Hall Hospital
Telephone: 01384 244017
- Community Dieticians department, Stourbridge Health & Social Care Centre
Telephone: 01384 323749
- Please see Food Fact Sheets at: www.bda.uk.com/foodfacts

Under review

This leaflet can be made available in large print, audio version and in other languages, please call 0800 0730510

ਜੇਕਰ ਇਹ ਲੀਫਲੈੱਟ (ਛੋਟਾ ਇਸ਼ਤਿਹਾਰ) ਤੁਸੀਂ ਆਪਣੀ ਭਾਸ਼ਾ (ਪੰਜਾਬੀ) ਵਿੱਚ ਲੈਣਾ ਚਾਹੁੰਦੇ ਹੋ ਤਾਂ ਕ੍ਰਿਪਾ ਕਰ ਕੇ ਪੇਸ਼ਟ ਇੰਨਫਰਮੇਸ਼ਨ ਕੋ-ਆਰਡੀਨੇਟਰ ਨਾਲ **0800 0730510** ਟੈਲੀਫੋਨ ਨੰਬਰ ਤੇ ਸੰਪਰਕ ਕਰੋ।

यदि आपको यह दस्तावेज़ अपनी भाषा में चाहिए तो पेशेंट इनफरमेशन को-आरडीनेटर को टैलीफ़ोन नम्बर **0800 0730510** पर फ़ोन करें।

જો તમને આ પત્રિકા તમારી પોતાની ભાષા (ગુજરાતી)માં જોઈતી હોય, તો કૃપા કરીને પેશન્ટ ઈન્ફોર્મેશન કો-ઓર્ડિનેટરનો **0800 0730510** પર સંપર્ક કરો.

आपनि यदि এই প্রচারপত্রটি আপনার নিজের ভাষায় পেতে চান, তাহলে দয়া করে পেশেন্ট ইনফরমেশন কো-আর্ডিনেটরের সাথে **0800 0730510** এই নম্বরে যোগাযোগ করুন।

إذا كنت ترغب هذه الوريقة مترجمة بلغتك الاصلية (اللغة العربية) , فرجاءاً اتصل بمتسق المعلومات للمريض
0800 0730510 على التالفون Information Co-ordinator

مب ضرورت اس لي فليٹ کو ملنا زبان (اردو) میں حاصل کرنے کے لئے براہ مہربانی ٹیلیفون نمبر **0800 0730510** پوزیٹ انفارمیشن کو-آورڈینٹر (مریضوں کے لئے معلومات کی فراہمی کے سلسلے میں انٹر) کے ساتھ رابطہ کریں۔

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