

## Improving your food intake when you have a poor appetite.

If you are unable to handle a full meal, eat little and often. Aim for three small meals and include nourishing snacks between meals and at bedtime if possible. Use full fat varieties.

It is beneficial to try and have one pint of milk (ideally full fat) per day. You can use this in cereal, sauces and drinks. If you do not like milk, other nutritious drinks such as full sugar squash, fresh fruit juice, and fruit smoothies are good alternatives.

Ideas to make foods more nourishing		Savoury snacks	Sweet snacks
Soups	Add milk Cream Croutons Grated cheese	Pasty Onion Bhaji Pork pie Sausage roll Sandwich Scotch eggs Cheese and biscuits Quiche Pizza slice Macaroni cheese	Scone with jam Crumpets Tea cakes Cake/fruit cake Chelsea bun Bakewell slice/Almond slice Angel cake Sponge Apple pie Scotch pancakes
Vegetables and salads	Add butter, White sauce Grated cheese Mayonnaise Salad dressings	Bag of nuts Bombay mix Peanut butter on toast Cheese on toast Crisps	Flapjacks Banoffee pie Lemon Meringue pie Treacle tart/Lemon tart Danish pastry Chocolate bar
Desserts	Add custard Cream Evaporated milk Ice cream Honey, Jam Syrup Sugar	<b> pudding type snacks</b>	
Sandwiches	Spread fillings thickly, use mayonnaise with egg or tuna or cheese.  Peanut butter, jam, marmalade, chocolate spreads are high calorie fillers	Cheesecake Ice cream sundae Profiteroles Thick & creamy yoghurt Mousse Egg Custard Semolina or Tapioca Instant Whip or Blancmange	Bread and butter pudding Ice cream, Choc ice and Luxury ice cream (add flavoured syrup for additional calories) Fruit Fool Crème caramel Rice Pudding Trifle
Enriched Milk	To one pint of full fat milk add 2-4 tablespoons dried milk powder and use on cereals, drinks and cooking	<b>Homemade milkshake</b>	<b>Homemade high calorie juice drink</b>
<b>Nourishing Drinks</b>		200mls full cream milk 1 tablespoon single cream 2-4 tablespoon milk powder Flavouring such as Nesquik, Crusha or store brand Blend well <b>350kcal 16 gram protein</b>	200mls orange juice 240 grams fruit, fresh, frozen or tinned 1 tablespoon honey or golden syrup Blend well <b>260kcal 2 grams protein</b>
Full fat milk Hot chocolate/malted milk drink Milk shake or smoothies Fruit juice Full sugar fizzy drinks/glucose drinks Yoghurt style drinks Latte/cappuccino/mocha- hot or cold High Protein breakfast drinks			

## Nutritional Supplements available Over the Counter or Online

### Powders mixed with 200ml full cream milk (sweet flavours)

Product		Presentation	Where to purchase and cost per sachet
Complan ®	380 kcal 15.3 g protein	1 box of 4 x 55 g sachets in a single flavour : banana, chocolate, strawberry, vanilla.	Supermarkets, pharmacies Online – e.g. Chemist Direct  77 p - 83 p depending on retailer
Aymes Retail®	265kcal 15g protein	4 x 38g sachets Banana, strawberry, chocolate, vanilla	Unlikely to be on shelf so request with pharmacist  74p
Meritene Energis Shake ® (formerly known as Build-Up)	275 kcal 16.1 g protein	Single 30 g sachet OR 1 box of 15 x 30 g sachets OR 1 x 270 g tub Flavours: chocolate, strawberry, vanilla	Online – e.g. Chemist Direct £1.32 – £1.39 depending on size of order

### Powders savoury soup flavours when made up with water

Product		Presentation	Where to purchase and cost per sachet
Meretine ® Energis Soup (formerly known as Build-Up)	207 kcal 7.5 g protein	10 x50g sachets  Chicken or vegetable flavour	Online – e.g. Chemist Direct  £1.41 - £1.49
Complan® Soup (not to be confused with ACBS prescribable Complan Shake)	243kcal 8.7 g protein	1 box of 4 x 55 g sachets, chicken flavour only.	Supermarkets, pharmacies Online – e.g. Chemist Direct  75 p - 83 p depending on retailer
Aymes ® Retail	207kcal 8g protein	4x 49g sachets chicken flavour only	Unlikely to be on shelf so request with pharmacist 74p

### Ready to drink

Product		Presentation	Where to purchase and cost per sachet
Nurishment Original®	408 - 462 kcal depending on flavour 20g protein	400 g can Flavours: banana, cherry, chocolate, mango, mocha, peanut, raspberry, strawberry, vanilla	Supermarkets  £1.00 - £1.30 depending on retailer

**\*\* Please note: If you have Diabetes, this advice may cause an increase in your blood sugars. Should this occur, please contact your surgery (Practice nurse, Diabetes nurse or GP).**

**Prices correct as of August 2016**