



**Maetheg a Dieteteg**

Caerdydd a'r Fro

Cardiff & Vale

**Nutrition and Dietetics**

# Nourishing diet

Name:

Date:

Dietitian:

Telephone:



**GIG**  
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WALES

Bwrdd Iechyd Prifysgol  
Caerdydd a'r Fro  
Cardiff and Vale  
University Health Board

## Introduction

People with a poor appetite are at risk of weight loss and malnutrition. Malnutrition can be minimised by enriching your current diet. This can be done by fortifying the normal foods you eat and having nourishing drinks and snacks between meals. These simple dietary adjustments can significantly increase your calorie and protein intake over the whole day. Over the days, weeks and months this can help to tip the energy balance to prevent weight loss and promote weight gain to a healthy weight.

This leaflet provides practical examples of how to eat well with a small appetite. Healthy eating guidelines for the general population do not apply to you at this time. Please note that this diet is a short term intervention until a healthy weight is achieved, adherence to a healthy balanced diet after this is recommended.

Trying some of the simple suggestions in this booklet could help you increase your calorie intake by at least 500 calories per day which can help to prevent weight loss and promote weight gain.

## Some Tips for Eating Well

- Try to eat little and often, by having small frequent snacks rather than just three meals a day
- Aim to include some protein foods in each meal or snack, such as meat, fish, milk, cheese, eggs, beans, nuts
- Try to select your favourite foods to tempt your appetite and by making food look attractive
- Take drinks after meals rather than with meals so that they do not fill you up
- You don't need to spend a long time preparing meals. A supermarket ready meal and frozen mixed vegetables will provide most nutrients you need
- You can order ready meals that are delivered to your door or even to your kitchen

# Fortified Foods

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## Milk

Adding dried skimmed milk powder to full cream milk can significantly increase the energy and protein content of milk that can be used for cereals, tea, coffee, hot milky drinks, milk puddings and as a drink throughout the day. Add 2 to 4 heaped tablespoons of skimmed milk powder to 1 pint of full cream milk. Try making a paste with a little milk first then add to the rest of the milk and shake or whisk well to ensure it is completely dissolved.

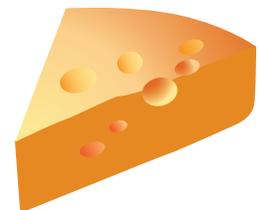


- 1 pint of fortified full cream milk can provide **490-600kcal, 30-40g protein**
- A 200ml glass of fortified full cream milk can provide up to **210kcal, 14g protein**

Have fortified full cream milk as a drink between meals instead of water to quench your thirst and help to keep your weight stable.

## Cheddar cheese

Add a matchbox size portion (30g) of grated cheese to mash potatoes, soups, salads and sauces to provide an additional **125kcal and 8g protein**.



## Nuts

A small handful of mixed or ground nuts or seeds added to breakfast cereals, curries and stir fries can provide an additional **125kcal and 8g protein**.



## Dried Fruit

A tablespoon of dried fruit added to your cereal or salad can add another **85kcal**.



## Oil/Fats

Vegetable oils such as olive oil or fats such as butter can be added to salads or vegetables or you could try frying foods such as fish in olive oil to add extra calories. Spread butter or margarine thickly onto bread, scones or crumpets. Each teaspoon can provide up to **45kcal**.



## Cream

Add cream to your puddings, breakfast cereal, soup, fruit, dessert, mash or scrambled egg. A tablespoon of double cream provides **75 kcal**.



## Sugar and Honey

Sweeten your foods with some sugar or honey. You could add it to your breakfast cereals, puddings, tea and coffee or stewed fruit. Each teaspoon will provide up to **50kcal** extra.



## Croutons

Add 5 croutons to your soups and salads to provide an additional **35kcal and 1g protein**.



# Savoury snacks

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- **Handful of mixed nuts and raisins (40g)**  
250kcal, 11g protein
- **2 Scrambled eggs made with fortified milk on 1 slice of toast with butter**  
250kcal, 20g protein
- **Baked beans (1 small tin) on 1 toast with matchbox size grated cheddar cheese**  
380kcal, 20g protein
- **30g Cheddar cheese on 1 slice of toast**  
220kcal, 11g protein
- **2 Cream crackers with matchbox size portion of cheddar cheese**  
193kcal, 9g protein
- **30g Cheddar cheese with pineapple**  
150kcal, 10g protein
- **2 Crackers with shop bought egg mayonnaise**  
150kcal, 7g protein
- **Corned beef (38g) sandwich (2 slices bread)**  
340kcal, 16g protein
- **½ Tin sardines on 1 slice of toast with butter**  
230kcal, 13g protein
- **1 Mini pork pie (50g)**  
200kcal, 5g protein
- **1 Scotch egg (135g)**  
270kcal, 11g protein
- **2 Bite size Cornish pasties (60g)**  
210kcal, 4g protein
- **1 Sausage Roll**  
240kcal, 5g protein
- **5 Cocktail sausages (50g)**  
140kcal, 6g protein
- **1 Samosa (meat /vegetable)**  
150kcal, 4g protein
- **1 Paratha (Flatbread) with 1 scrambled egg**  
360kcal, 12g protein
- **Fried chickpeas (1/2 can) On 1 slice of toast**  
280kcal, 8g protein
- **Indian omelette (2 eggs and 50ml milk) made with onions / tomatoes /green chilli /spices**  
250kcal, 15g protein
- **Lamb kebab (255g)**  
385kcal, 23g protein
- **Chicken kebab (255g)**  
270kcal, 24g protein



# Sweet Snacks

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- **2 Slices of fruit loaf with butter and jam**  
356kcal, 5g protein
- **1 Scone with butter and jam**  
460kcal, 5g protein
- **Flapjack with a 200ml glass fortified milk**  
378kcal, 17g protein
- **1 Eccles Cake**  
335kcal, 4g protein
- **Peanut butter and jam sandwich (2 slices)**  
260kcal, 10 g protein
- **1 Syrup sponge pudding with custard**  
575kcal, 5.g protein
- **1 Choc ice (43g)**  
135kcal, 2g protein
- **1 Muffin and a caffe latte**  
600kcal, 13g protein
- **1 Premium chocolate mousse**  
300kcal, 5g protein
- **25g Chocolate coated peanuts**  
280kcal, 8g protein
- **Standard chocolate bar (50g)**  
260kcal, 4g protein
- **1 Croissant with butter and jam**  
275kcal, 4g protein
- **Rice Pudding (125-190g)**  
310-400kcal, 5g protein
- **Fortified Milk Jelly (115g)**  
Made up with fortified milk  
191kcal, 9g protein
- **200ml Glass of fortified milk and 2 digestive biscuits**  
370kcal, 16g protein
- **1 Bagel with peanut butter and ½ a banana**  
365kcal, 12g protein
- **Kheer (rice pudding) 150g**  
200kcal, 10g protein
- **Gajar Halwa (Sweet carrot pudding) 100g**  
360kcal, 8g protein
- **Sevian (vermicelli dessert) 157g**  
320kcal, 7g protein
- **Mithai (traditional South Asian sweets):**
  - Barfi (plain, 52g)**  
180kcal, 4g protein
  - Ladoo (50g)**  
120kcal, 4g protein
  - 1 Jalebi**  
310kcal, 2g protein
  - 1 Gulab Jamun**  
140kcal, 2g protein



# Milkshake Drinks

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- **Standard flavoured milk shake drink**  
270-595kcal, 9-20g protein
- **Choc Mint Shake**  
200ml fortified milk  
Chocolate flavouring  
2 scoops chocolate ice-cream  
4 drops peppermint essence  
Blend all ingredients together  
521kcal + 20g protein
- **Mocha Milk**  
200ml fortified milk  
1 tsp instant coffee  
1 tsp drinking chocolate powder  
Heat the fortified milk  
Stir in coffee and chocolate powder  
245kcal + 14g protein
- **Spiced Milk**  
200ml fortified milk + 1 tsp syrup  
Pinch of cinnamon and mixed spice  
Warm milk, add syrup and spices  
256kcal +14g protein
- **Flavoured Milk Shake**  
200ml fortified milk  
1 scoop ice-cream  
Milkshake syrup or powder  
Blend ingredients together and serve  
390kcal + 16g protein
- **Banana Drink**  
200ml fortified milk  
1 sliced banana  
1 hazelnut (or fruit flavour) yoghurt  
1 scoop ice-cream  
Blend the milk, banana and yoghurt  
Pour into a glass and top with ice-cream  
586kcal + 23g protein



# Vitamins and Minerals

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Vitamin and mineral requirements can easily be met through a varied and balanced diet of regular meals and nourishing snacks. If you are concerned about your vitamin and mineral intake please discuss this with your Dietitian or GP.

## Caution

Some of the snack ideas in this leaflet may not be suitable for those with swallowing or chewing difficulties. For further information please discuss with your Dietitian or GP.

If you have high blood pressure or diabetes, please discuss this with your Dietitian as some of the snacks listed may not be appropriate for you.

# Comparison of a Standard and Enriched Menu Plan

Meal	Standard	Enriched
Breakfast	Porridge made with water Cup of coffee	Porridge made with fortified milk and a handful of raisins  Cup of milky coffee made with fortified milk
Mid-morning	Cup of tea	Cup of milky tea made with fortified milk and 2 rich tea biscuits
Lunch	¼ tin of baked beans on 1 slice of dry toast	¼ tin of baked beans on 1 slice of toast with butter thickly spread and grated cheddar cheese
Mid-afternoon	Cup of coffee made with semi-skimmed milk	Cup of milky coffee made with fortified milk
Evening Meal	Oven baked cod fillet with a few boiled new potatoes and peas	Cod fillet fried in vegetable oil, mashed potato made with fortified milk and grated cheese, peas with a knob of butter
Supper	Cup of tea	Horlicks made with fortified milk and 2 squares of chocolate
<b>Total</b>	<b>502kcal</b> <b>35g protein</b>	<b>1681kcal</b> <b>84g protein</b>

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This information may be available in other languages and formats.  
Please inform your Dietitian if you would benefit from this service.

Stated calorie and protein contents are based on an average estimation.