

What to keep in your kitchen cupboard

These will depend on your individual likes/dislikes but here is a list of items to add to your shopping list for use with this leaflet and recipe sheets:

Store cupboard items

Milk powder
Tinned meats/fish
Tins or packets cream based soups
Instant mashed potato
Tinned veg/potatoes
Tinned cream/evaporated milk
Tinned fruit
Pots of custard/rice pudding/jelly
Packets mousse/instant whip
Snacks e.g. nuts/crisps
Crackers
Biscuits
Honey/syrup/jam
Horlicks®, Ovaltine®
Hot chocolate powder

In the freezer

Ice cream
Ready meals
Fish fingers, sausages
Frozen veg/fruit
Frozen chips

In the fridge

Whole milk
Hard and soft cheese
Fresh cream
Pots of desserts - trifles, full fat yogurt, custard, mousses.
Savoury snacks –mini sausage rolls, cocktail sausages, quiche, pasties

Visit www.shropshireccg.nhs.uk/nutrition for supporting recipe sheets and resources or contact the Medicines Optimisation Team on 01743 277557



For Small Appetites

Why do I need this advice?

As people age or if people have long term conditions, their risk of malnutrition increases. This is because they cannot, or do not eat enough food to meet what their body needs.

You have been given this leaflet as you have been identified as being at risk of malnutrition.

Being malnourished increases risk of illness and makes it harder for the body to fight infections and heal itself. Malnutrition can also reduce energy levels, muscle strength, mobility and can weaken the heart.

To treat the most common type of malnutrition in the UK (protein-energy malnutrition) we need to increase the amount of protein and energy (calories) which we eat every day.

Treating and preventing malnutrition can be achieved through simple adjustments to your diet.

The 'Think Food' approach means using ordinary food and drinks to increase your nutritional intake.

This leaflet provides practical advice to support you to achieve this.

Recipe sheets are also available on the Shropshire CCG website (www.shropshireccg.nhs.uk/nutrition) or via your GP or practice staff.

What about healthy eating?

When someone is at risk of malnutrition, 'normal' healthy eating guidelines (eating a diet low in fat and sugar, avoiding snacking too frequently etc.) do not apply. The advice in this leaflet is for someone who is at risk of malnutrition, but may not be healthy for their family and friends.

Some of the advice includes eating more foods that are high in fat. Some people may worry that eating high fat foods harms their heart, however being malnourished is a big risk to heart health.

If you have diabetes, try to choose lower options where possible.

Follow the advice in this leaflet and supporting information and aim to return to your usual eating habits once your appetite and/or weight has improved.



We advise patients to follow the advice in this leaflet and from supporting recipe sheets in full for at least one month. Following this, please return to your GP or health professional to re-check your risk of malnutrition.

What do I need to eat?

Our bodies need us to eat a range of different foods every day.

These include:

- Starchy carbohydrate e.g. bread, pasta, rice, cereals, potatoes
- Protein e.g. meat, fish, eggs, nuts, beans/lentils, Quorn™, soya
- Milk and milk containing foods e.g. yogurt, cheese,
- Fruit and vegetables
- Fluid

For people with small appetites it can sometimes be difficult to eat enough of these foods. The following tips can help to support a balanced intake:

- Eat little and often during the day. Aim for 3 small meals and 2 - 3 snacks each day.
- Try to have 2-3 portions of high protein foods (see above for examples). In addition have foods and drinks based on milk, as this is a good source of protein and calories.
- Try to have a serving of starchy foods (as above) at each meal.
- Try to have some fruit and vegetables every day - aim for 5 small portions a day.
- Try to drink 6-8 glasses/mugs of fluid every day. Try to choose high energy drinks from the recipe sheets. Avoid low sugar, and diet foods and drinks (unless you have diabetes).
- Use whole milk and fortify it by mixing 3-4 tablespoons dried milk powder into each pint of milk. Use this when you would use ordinary milk (e.g. with cereal, in tea, coffee, hot chocolate and milkshakes, in custard etc.).
- Use homemade milkshakes/smoothies (see recipes) or over the counter supplements such as Complian or Meretine Energis in between meals.
- If your appetite is very poor, do not worry too much about a balanced diet. Instead, aim to maximise higher calorie foods and return to a healthy balanced diet when your appetite has improved. It may be a good idea to buy and take a once-a-day multivitamin and mineral tablet ('own brands' tend to be the most affordable). Check with your GP or a pharmacist that this is safe to take alongside other medications.

Make mealtimes easier...

- If cooking is difficult for you or your carer, try ready prepared meals from the supermarket or delivered to your door:
 - Wiltshire Farm Foods (0800 773 773), Oakhouse Foods (0845 643 2009), Apetito (0870 60 50 293).
 - Local Meals on Wheels services - Shropshire Council Community Meals. Contact 0345 678 9005 for further information.
 - Local 'Meals on Wheels' services - 'Mayfair Meals' (providing hot meals in Church Stretton area) Contact 01694 722077 for further information
 - Local 'Meals on Wheels' services - Bradbury Centre Whitchurch (available in Whitchurch area) Contact 01948 662534 for further information

Make mealtimes more enjoyable...

- Avoid having a drink shortly before or with a meal to avoid feeling too full to eat.
- A small alcoholic drink before a meal may help to stimulate your appetite and is also high in energy. If you drink alcohol, make sure that it is safe to do so with any medication that you are taking.
- Serve small portions on a large plate. You can always have a second helping if you fancy it.
- Choose foods that you know you enjoy. Write these down on a list for people who support you with shopping.
- If you are a slow eater, give yourself plenty of time to eat your meals and snacks. Use a warmed plate to help to keep your food warmer for longer.
- Try to eat with others as this can help to encourage your appetite. If you aren't able to, try to make your dining environment as pleasant as possible by clearing and laying your table if able.