

Here is an example of a menu with added fats and sugars. The calorie content is shown in red.

<b>Breakfast</b>	2 Weetabix with semi-skimmed milk <b>(210)</b>	<b>Breakfast</b>	2 Weetabix with enriched milk and sugar* <b>(300)</b>
<b>Lunch</b>	Ham/salad sandwich (2 slices of bread) Low fat yoghurt <b>(385)</b>	<b>Lunch</b>	Ham/salad sandwich (2 slices of bread) with butter and mayonnaise Full fat yoghurt <b>(555)</b>
<b>Evening meal</b>	Fish with boiled potatoes beans and carrots Rice pudding <b>(435)</b>	<b>Evening meal</b>	Fish with boiled potatoes (with butter), beans and carrots (with butter) Rice pudding with cream and jam* <b>(625)</b>
<b>Supper</b>	Cheese and crackers <b>(340)</b>	<b>Supper</b>	Cheese and crackers with butter <b>(400)</b>
<b>Total 1370 kcal</b>		<b>Total 1880 kcal</b>	

Milky cups of coffee, milky drinks, soft drinks\* and snacks between meals will provide even more calories

\* Foods that may not be suitable if you have diabetes (contact your diabetes nurse for more information)

**The advice contained within this leaflet may not be appropriate if you have swallowing difficulties**

Reproduced by UHSM Nutrition & Dietetic Service, based on a leaflet originally produced by the Manchester Community Nutrition Support Team. 0161 291 2701  
Leaflet updated: February 2016 Review date: February 2018  
Editorial Board Number 0992/11

# Food First

## Advice when appetite is poor



If you've lost interest in food and don't seem to have much of an appetite, it's very important to make each mouthful count.

Here are some tips to help you:

**Eat more often to include 3 small meals and 3 snack meals each day**

**Things that count:**

- Complan, Meritene type drinks, milkshakes and milky drinks.
- Cheese and crackers.
- Cake\*, chocolate\* and biscuits\*.
- Full fat yoghurt.
- Sandwich (e.g. cheese, egg, chicken, tuna).
- Toast with butter/margarine and jam.
- Toast with sardines, beans, egg or cheese.
- Cereal with full cream milk.
- Scone, crumpets, teacakes, malt loaf with butter/margarine.
- Tinned fruit in syrup\* with cream, fruit smoothie\*, dried fruit\*,
- Rice pudding, trifle\*, mousse\*.

**Use** full fat milk, yoghurts, mayonnaise

**Choose** butter or margarine rather than low fat spreads

**Use** ordinary squash and fizzy drinks\*

**Choose** thick/creamy/chunky style soups

**Don't use low calorie or low fat products**

**Adding fats and sugars\* to your food and drinks is a good way of increasing your calorie intake without having to eat more.**

To:-	Add:-
A pint of full cream milk	2-4 tbsps skimmed milk powder to make enriched milk and use as your normal milk
Puddings	Cream, custard, evaporated milk, ice cream, honey* jam* syrup*, fruit
Soups	Grated cheese, cream, pasta, lentils & beans, evaporated milk, milk powder
Potatoes and vegetables	Butter/margarine, cream, grated cheese, milk-based sauces
Breakfast cereals	Enriched milk, yoghurt, honey*, sugar*, fresh/dried fruit

**Remember:**

- Don't try to eat too much at once - small portions of food may be more appealing.
- Some snack meals can be just as nourishing as a full cooked dinner.
- Avoid filling up on drinks such as tea, coffee, water, low sugar drinks.
- If you find cooking difficult or tiring don't be afraid to use convenience food or cook a larger quantity and freeze some for later use.