

# Your Guide to Making the Most of your Food

This leaflet provides some simple ideas on how you can get the most nutrition from the food you are eating.

## Little and Often

Eating smaller meals and snacks, and nourishing drinks in between meals may be more manageable

Try having drinks separately from meals, as these can fill you up

Try having a pudding once or twice a day such as full cream yogurt, ice cream, cake, custard

Snacks in between meals can help to boost your intake

### Snacks Ideas:

Sandwiches, fruit cake, nuts, crisps, cereals, soups, yogurts, finger foods (e.g. sausage rolls, scotch eggs), toasted tea cakes with butter, crackers and cheese, toast + topping (e.g. beans, scrambled egg, butter), tinned fruit in syrup

## Enriching your Food

Choose full fat/full cream foods with sugar rather than low fat /low sugar types e.g. full cream yogurts, full cream milk

Add cheese to soups, mashed potatoes, vegetables, pasta dishes

Use butter in sandwiches, on potatoes and with crackers or vegetables

Add cream or condensed milk to puddings

Add sugar, jam, honey or milk powder to porridge, breakfast cereals or puddings

Use cooking methods that include the addition of oil e.g. shallow fry, roast or grill but coat or spray the food with oil first

## Nourishing Drinks

Milk is full of goodness. To make fortified milk add 4 tablespoons of milk powder to one pint of milk. This can be used throughout the day in drinks, on cereals, in sauces, to make custard

Using milk (including fortified milk) to make the following drinks is also a good idea:

Hot chocolate or cocoa

Coffee and cappuccinos

Malted drinks

Milkshakes or smoothies

Choose fruit juices and sugar containing squashes

Powdered supplements such as Complan and Build Up are available from most supermarkets and pharmacies and can be used between meals

## Other Helpful Tips

Indulge in the foods you fancy

Try not to miss or skip meals

Ready meals (frozen or tinned) are a good, easy to prepare option. Consider adding some frozen vegetables to make a more balanced meal

It is useful to keep a store of some basic foods in case you are not able to get to the shops e.g. long life milk, tinned meat, ready meals, hot chocolate, tinned or frozen fruit and vegetables, cereals, biscuits

If preparing food is too much, why not consider meal delivery services or ask friends and family for help in shopping, preparing and cooking meals

Try to have company at meal times

If food choice and quantity is limited take a one-day complete multivitamin and mineral supplement

For more specific dietary advice including advice for a particular medical condition, or for further advice if you are losing weight please see your GP, who may seek advice / refer you to a Dietitian



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For further information on malnutrition please visit: [www.malnutritionpathway.co.uk](http://www.malnutritionpathway.co.uk)

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