

### FOOD BOOSTERS

Due to illness or a poor appetite you may not be able to eat as much as you usually do. It is important to eat as nourishing a diet as possible during this time.

#### POOR APPETITE

- Eat little and often. Try 3 small meals a day as well as 2-3 snacks or milky drinks between meals.
- Tempt your taste buds by making food as attractive as possible. Use smaller plates and try not to over face yourself with portion sizes.
- Avoid drinking large amounts just before a meal as this can make you feel full. Instead sip fluids after you have eaten.
- Use full fat, full sugar products. Try products such as full cream milk, thick and creamy yoghurts, cakes, pastries, crisps, biscuits.
- If possible get outdoors for some fresh air before a meal.
- A small amount of alcohol may help to stimulate the appetite
- Meals and snacks can be enriched by:
  - Adding extra butter and margarine to potatoes, vegetables and sauces.
  - Adding cream to sauces, milky puddings, cereals and soup.
  - Adding cheese to soups, potatoes and vegetables.
  - Adding sugar, honey, syrup and jam to cereals and puddings.
  - Fortify 1 pint of full cream milk with 2-4 tablespoons of skimmed milk powder.
  - If meal preparation is a problem to try using ready made convenience foods.
  - Use standard brands of fizzy drinks and squashes unless you have diabetes.

#### SNACKS

Snacks can be beneficial in improving your nutritional intake. Keep snacks handy and ready to nibble.

#### Savoury Snack Ideas

##### Savoury snacks...

Pitta bread, chapatti, half naan bread, nachos, crisps, nuts, Bombay Mix, nuts & raisins, small tub of Pringles, digestive biscuits or crackers, pakora, bhaji, puri, samosa

##### ...Try these with

Pate, meat paste, cream cheese, humus, guacamole, sour cream dips, thousand island, blue cheese, raita

##### Sandwiches...

...Try a 1-slice sandwich with butter or margarine with favourite fillings

##### Bread, Toast...

Scones, crumpets, pancakes, muffins, croissants, bagels, fruit bread, raisin loaf, chapatti

...Try these with butter, jam, cheese or favourite toppings

#### Sweet Snack Ideas

##### Cakes and all things nice...

Jam or egg tarts, slice of sponge, carrot or chocolate cake, doughnuts, muffins, cake slices, cake bars or favourite sweet biscuits

##### ...Cream cakes too!

Vanilla slice, cheesecake, banoffee pie, chocolate éclair, meringues, whatever takes your fancy.

##### Puddings please...

Fruit crumbles and pies, bread and butter or suet puddings, milk pudding (tinned or home-made) e.g. rice, custard, semolina, sago (add jam/syrup), sponge puddings e.g. syrup, treacle, lemon or chocolate

##### ...Try these with

Cream, condensed milk, Greek yoghurt, mascarpone cheese, ice cream, Tiptop etc.

##### Sweets and Desserts...

Yoghurts, ice cream, fruit corners and similar products, crème caramel, chocolate mousse, milk jellies, rich and creamy desserts and mousses.

# EXAMPLES OF HOW TO ENRICH YOUR FOOD

## BREAKFAST

Fruit Juice  
Porridge  
Scrambled or boiled egg  
Bacon or Sausage  
Toast  
Croissants or Bagels

- Use sweetened fruit juice
- Porridge made with full fat milk and sugar, syrup or jam
- Add full cream milk or butter/margarine to eggs
- Fry bacon or sausage
- Toast spread with butter/margarine and jam/marmalade
- Croissants spread with jam or cheese

## LIGHT MEAL

Soup  
Meat Pie, Quiche, Sandwiches  
Scrambled Egg on Toast  
Cheese on Toast  
Tinned fruit in syrup

- **Soup** – Packet/condensed made with full fat enriched milk; or home-made with cream
- **Meat Pie, quiches, sandwiches, scrambled egg on toast** – Spread butter/margarine thickly
- **Fruit tinned in syrup** – Serve with evaporated milk, cream or custard

## MAIN MEAL

Beef, Chicken, Lamb, Fish, Pulses  
Potatoes  
Rice  
Chapatti  
Vegetables  
Sponge pudding

- **Fish/Meat** – Served with rich sauce or gravy. Add butter, cream, ghee, to dals and pulses such as rajma and chole
- **Potatoes** – Mashed with butter and milk or have chips
- **Rice** – choose pilau or biryani
- **Chapatti** – Made with oil. Add butter to serve.
- **Vegetables** – Add white or cheese sauces or butter or margarine
- **Sponge Pudding** – Served with cream or custard made with fortified milk

# NOURISHING DRINKS

Try more milk based drinks such as milky coffee, malted milk, hot chocolate, cocoa or milkshakes

## Enriched Milk

1 pint (500mls) full cream milk  
2-4 tablespoons (30-60g) dried milk powder

*Mix the milk powder into the milk with a fork or whisk*

**You can use this to make drinks (e.g. coffee, Horlicks, hot chocolate, Ovaltine etc.) milk puddings, on cereals or wherever you would normally use milk.**

## Banana Smoothie

½ pint (200mls) full fat milk  
1 small (80g) ripe banana  
1 scoop (60mls) ice cream  
1 teaspoon of sugar

*Mash banana. Liquidise and serve chilled*

## Honey Malt

½ pint (200mls) full cream milk  
1 tablespoon (15g) clear honey  
1 teaspoon (5g) malted milk powder e.g. Horlicks  
1 scoop (60mls) ice cream

*Place all ingredients in liquidiser and liquidise for 15 seconds*

## Super Shake

1 scoop (60mls) ice cream  
½ pint (200mls) full cream milk  
3 tablespoons (45mls) double cream  
2 teaspoons (10g) milk shake flavouring e.g. Nesquik or Crusha  
4 teaspoons (20g) milk powder

*Place everything in the blender for 15 seconds. If you like a stronger flavour add more flavouring.*

## Yoghurt Drink

½ pint (300mls) plain yoghurt  
¼ pint (150mls) full cream milk  
Milk shake flavouring (if desired) e.g. Nesquik or Crusha

## Fruity Float

½ glass (100mls) fresh fruit juice  
½ glass (100mls) lemonade  
1 tablespoon (15g) sugar  
1 scoop (60mls) ice cream

*Mix together or blend and serve chilled*

## Mango Shake

Approx. half tin sweetened mango pulp  
1 pint full fat milk  
3 tablespoons of natural yoghurt

*Liquidise and serve chilled*

## Supplement Drinks

**Build Up** – in sweet, savoury and neutral flavours  
**Complan** – in sweet, savoury and neutral flavours  
**Recovery** – (Boots own brand) sweet flavours only