



York Teaching Hospital  
NHS Foundation Trust

# Are You Getting Enough To Eat?

Information for patients, relatives and carers

① For more information, please contact:

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Caring with pride



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**If you have been advised by a Dietitian to follow a special diet please check with them before following this advice.**

- If you have diabetes, be cautious with the addition of sugar, syrup, and honey. If you are concerned about your blood sugar levels discuss this with your nurse or doctor.
- If your appetite is poor, getting enough nourishment from your diet can be a problem.
- You need to make sure the food you do eat is as nourishing as possible. The aim is to get as many calories and nutrients as possible into your diet, so the usual “healthy eating” (low fat, low sugar) advice does not need to be followed at this time.
- Eating regularly can help improve your appetite. It is recommended that you try to have three small meals and three snacks per day. You do not have to eat full main course meals.
- Nourishing drinks are useful to have between meals. Drink milk based drinks rather than water or fizzy drinks. You may also like to try one of the “over the counter” supplement drinks (e.g. Complan or Meritene) available at most supermarkets and chemists.

- You may find convenience foods useful. There are many ranges of frozen, chilled and microwaveable ready meals to try.

The following pages give some suggestions to help you make your diet higher in calories and nutrients.

## **Enrich your food with the following suggestions:**

- Try to use at least one pint of full cream milk per day.
- Fortify milk; add four tablespoons of dried milk powder to one pint of milk. Use this in drinks, on cereals, in puddings and sauces.
- Add milk powder to soups, sauces, milk puddings and custard.
- Add double cream or evaporated milk to fruit, milk puddings, jelly, cakes, cereals, soups, porridge and warm drinks e.g. malted milk drinks, hot chocolate.
- Add grated cheese to soup, sauces, vegetables, mashed potatoes and scrambled eggs.
- Add butter or margarine (not low fat) to vegetables, potatoes and use extra on bread and crackers.
- Add sugar, jam, honey or syrup to puddings, cereals, or drinks.

## **Recipes for nourishing drinks**

### **Cold drinks**

#### **Milkshake**

Liquidise one scoop of ice cream, one third of a pint of full cream milk, one dessertspoon of milk powder and milkshake syrup (or powder or cordial or fruit puree).  
Serve chilled.

#### **Iced coffee**

Dissolve two teaspoons of coffee in a little hot milk. Add one third of a pint of full cream milk, two teaspoons of sugar and one scoop of ice cream. Whisk and chill thoroughly before serving.

#### **Honey malt**

Mix together one third of a pint of full cream milk, one tablespoon clear honey, one scoop ice cream and one heaped teaspoon of malted milk powder (e.g. Horlicks, Ovaltine). Chill thoroughly before serving.

#### **Orange juice**

Add one dessertspoon of sugar and the juice of one lemon to a glass of fresh orange juice and mix well.  
Serve chilled.

## **Fruit blast**

Mix together one quarter of a pint of fresh fruit juice and one quarter of a pint of lemonade and one tablespoon of sugar, add one scoop ice cream and one tablespoon of double cream. Mix and serve.

## **Hot drinks**

### **Mocha Warmer**

Heat fortified milk, add one tablespoon of drinking chocolate, one teaspoon of instant coffee and sugar to taste.

### **Cinnamon Spice**

Heat one third of a pint of full cream milk, add one tablespoon of golden syrup, a pinch of cinnamon and a pinch of mixed spice. Serve warm.

### **Soup**

Dissolve half a stock cube (chicken, vegetable or beef) or one teaspoon of Marmite/Bovril into a cup of hot full cream milk.

Alternatively, dilute one can of condensed soup with one third of a pint of full cream milk and heat in the usual way.



## Snacks between meals

(Be careful with some of the sweeter snacks if you have diabetes)

- Scone with butter and jam.
- Toast or crumpets with butter and cheese or peanut butter.
- Cheese with crackers or cheese cubes with pineapple or other fruit.
- Sausage roll or mini pork pie.
- Crisps or nuts.
- Cakes and biscuits.
- Full fat yoghurt, ready made individual desserts e.g. crème caramel, mousse, trifle, custard pot.
- Dried fruit mixtures.
- Chocolates and fun size chocolate bars.
- Tinned fruit with cream or ice cream.

If you are still not eating well or losing weight after following this for a maximum of four weeks then contact your GP for further advice.

## **Tell us what you think of this leaflet**

We hope that you found this leaflet helpful. If you would like to tell us what you think, please contact:  
Mrs Heidi Seaward, Office Manager, Nutrition and Dietetic Department, Scarborough Hospital  
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## **Teaching, training and research**

Our Trust is committed to teaching, training and research to support the development of health and healthcare in our community. Healthcare students may observe consultations for this purpose. You can opt out if you do not want students to observe. We may also ask you if you would like to be involved in our research.

## **Patient Advice and Liaison Service (PALS)**

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PALS can be contacted on 01904 726262, or email [pals@york.nhs.uk](mailto:pals@york.nhs.uk).

An answer phone is available out of hours.

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Owner	Berenice Carter Professional Lead Dietetics
Date first issued	December 2014 (first issued in Trust format)
Review Date	March 2021
Version	2 (reissued April 2019)
Approved by	Department of Nutrition and Dietetics
Document Reference	PIL 920 v2.2
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