

Build Yourself Up By Boosting Your Intake

This leaflet provides ideas to get the most goodness out of your food and help prevent you from losing weight



3 Aim for THREE fortified meals a day

Any meal can be fortified. Add extra goodness to:

- breakfast
- light or snack meal
- main meal.

Swap one meal for another if you wish but don't miss a meal.

Small meals may be less off putting.

Easy meals can be a good option e.g. jacket potato, with beans and cheese, eggs on toast.

Have pudding later as a snack if you feel full after your meal.

To fortify meals ADD:

- fortified milk to porridge and cereal
- a tablespoon of grated cheese to soup, potatoes and casseroles
- 2 teaspoons of butter to potatoes and vegetables
- 2 tablespoons of double cream or evaporated milk to porridge, mashed potato, soup, yogurt, desserts and milk puddings
- honey*, syrup* or extra sugar* to desserts.

* May not be suitable for people with diabetes

2 Have at least TWO high energy snacks every day

Snacks between meals are a great way to boost your intake:

- mid morning
- mid afternoon
- bedtime.

Choose full fat, thick and creamy, indulgent or luxury items rather than low fat, low calorie or diet foods.

Keep a variety of snacks within reach.

Snack Ideas:

- cheese and crackers
- toast, crumpets or teacakes
- mini savoury snacks such as sausage roll, scotch egg, pork pie, pasty, cocktail sausages, quiche, samosa
- full fat or thick and creamy mousse or yogurt
- cake, sweet pastry, flapjack, scone
- rice pudding, crème caramel, trifle
- breakfast cereal with fortified milk.

How to make snacks more nourishing

Add plenty of butter or margarine, jam, peanut butter, cheese spread, chocolate spread, extra cream or cheese to snacks.

Remember every mouthful counts

1 Use ONE pint fortified full fat milk every day

Milk is a nutritious food.

Always use full fat or whole milk (blue top).

Fortifying milk makes it more nutritious. It gives more goodness without increasing the volume.

How to make fortified milk:

Simply add 4 tablespoons of dried milk powder to 1 pint of whole milk.

Use it as you would use milk, have a glassful or add to:

- tea and coffee
- hot chocolate or horlicks
- milkshakes or smoothies*
- foods (see meal section)
- packet soup
- custard, milk pudding or milk jelly.

If you don't like milk have 2 high energy drinks such as fruit juice*, smoothies*, soya milk, soya drinks, other non-dairy milks, fizzy drinks* or energy drinks*.

If you are still losing weight ask your GP to refer you to a Dietitian.