

# 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.