

Big Nutrition for Small Appetites

If you are not eating very much and losing weight it is important to increase the calorie and protein content of your diet. Fortifying foods will do this without increasing the amount you eat.

You may need to fortify your diet if:

You have a poor appetite, eating less food and losing weight unintentionally.

You have a good appetite but are still losing weight unintentionally.

- You can be more susceptible to health problems such as infections, tiredness and depression. Being underweight can also lead to avoidable hospital admissions.
- Healthy eating guidelines which recommend a low fat diet are not appropriate for you.
- Choose full fat products.
- Remember to try to have 6-8 cups of fluid per day.
- A glass of fresh fruit juice is a rich source of vitamin C and can be helpful for healing wounds and sores.

Here are **5 easy** ways to help you to add more calories and protein to your food.

1. Make up and take a pint of fortified milk every day (see recipe below). You can use it for all your drinks, on cereals, to make puddings, sauces, soups, milk jellies and in other recipes that require milk.

(A pint of this milk per day provides almost 600 calories and 40g protein)

Fortified milk

1. Take one pint of full cream/whole milk.
2. Add 4 tablespoons of skimmed milk powder to a small amount of milk and mix to a paste.
3. Top up with the remaining milk from the 1 pint.

Store in the fridge and use throughout the day.



2. Choose high calorie drinks – milkshakes, milky coffee, malted milk, hot chocolate or soup made with fortified milk. Aim for two of these every day.

Milkshake - 380 calories

200mls fortified milk
3 teaspoons milkshake powder
2 tablespoons double cream

- 1) Mix all the ingredients together and serve cold.



Milky Coffee - 450 calories

150mls fortified milk
1 teaspoon coffee powder
4 tablespoons of double cream

- 1) Mix the milk and cream
- 2) Warm in a microwave or pan
- 3) Stir in the coffee powder



Hot Chocolate or Malted Milk 520 calories

150mls fortified milk
4 teaspoons of hot chocolate
4 tablespoons of double cream

- 1) Mix the milk and cream
- 2) Warm in a microwave or pan
- 3) Stir in the hot chocolate powder



3. Fortify your foods. Here are some suggestions:

Use these to add calories...		Add them to
2 tablespoons of double cream	150 calories, 0.5g protein	<ul style="list-style-type: none"> • Porridge and cereals • Soups, mashed potato, sauces • Custard, milky puddings, yogurt, mousse • Fruit, cake, desserts
2 teaspoons of butter or spread	75 calories, 0g protein	<ul style="list-style-type: none"> • Eggs, tinned tomatoes, beans • Vegetables, potatoes, sauces • Extra thick on toast, crumpets, sandwiches, malt loaf
2 heaped tablespoons of grated cheese	160 calories, 8g protein	<ul style="list-style-type: none"> • Eggs, beans, toast • Soup, potatoes, vegetables, sauces • Sprinkle on main meals
1 heaped tablespoon of skimmed milk powder	50 calories, 2.5g protein	<ul style="list-style-type: none"> • Custards, rice puddings • Creamy sauces
<p>Other high calorie foods to add liberally to your existing foods include: Mayonnaise, peanut and other nut butters, dripping, chocolate spread, jam, honey, evaporated milk</p> <p>A video regarding food fortification is available at: https://www.youtube.com/watch?v=2tS7fP7aUy8</p>		

4. Aim for 3 small meals a day and snacks in between. Little and often is more appealing for a small appetite:

Examples of high calorie snacks	
Sweet snacks	Savoury snacks
<ul style="list-style-type: none"> • High calorie biscuits (e.g. Chocolate coated, cookies, shortbread) • Flapjacks, cakes and pastries • Scone with butter, jam and cream • Malt loaf or teacake with butter • Chocolate bar • Thick and creamy yogurt or fruit fool • Rice pudding or custard pot • Mousse (not low fat) • Trifle • Toast with butter and jam, honey or chocolate spread 	<ul style="list-style-type: none"> • Cheese and biscuits • Cheese straw • Cheese scone with butter • Scotch Egg • Cocktail sausages • Quiche • Sausage roll • Cheese and onion roll • Pork pie • Crisps, nuts or Bombay mix • Toast with butter and peanut butter, meat paste, pate or soft cheese

5. You can buy Meritene Energis Shakes, Aymes Retail, Complan, Nurishment and Nurishment Extra from your supermarket or chemist. If there are any specific dietary concerns regarding diabetes, Coeliac Disease or renal disease or modified texture diet ask for further guidance from your G.P or Dietitian.

Scan QR code for food fortification and fortified milk video 

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Big Nutrition for Small Appetites for Lactose and Dairy Free (Vegan) Diets

If you are not eating very much and losing weight it is important to increase the calorie and protein content of your diet. Fortifying foods will do this without increasing the amount you eat.

This information sheet is designed for those of you who may not be able to tolerate dairy products or you may choose to follow a dairy free or vegan diet. The aim of this information is to give you ideas on how to fortify your existing dietary intake without consuming milk products.

You may need to fortify your diet if:

You have a poor appetite, eating less food and losing weight unintentionally or you have a good appetite but are still losing weight unintentionally.

- You can be more susceptible to health problems such as infections, tiredness and depression. Being underweight can also lead to avoidable hospital admissions.
- Healthy eating guidelines may not be appropriate for you if you are losing weight or struggling with a poor nutritional intake.
- Choose full fat or higher calorie foods at the supermarket.
- Remember to try to have 6-8 cups of fluid per day.
- A glass of fresh fruit juice is a rich source of vitamin C and can be helpful for healing wounds and sores.

Here are **4 easy** ways to help you to add more calories and protein to your food.

1. **Use a pint of high calorie lactose or dairy free milk** daily (containing over 55kcal/100ml). Some plant-based milks are lower in protein and calories therefore it is important to choose a high calorie lactose free of dairy free milk. These may include:

Lactose and Dairy Free Milks – per 100ml (Correct as of Jan 2023)			
Name	Kcals	Protein	Other Nutrients
Alpro Junior Growing Up Milk (soya based)	64kcal	2.5g	Vitamin C, D, B2, B12, calcium, iron and iodine
Oatly Barista	61kcal	1.1g	Vitamins B2, B12, D and calcium
Oatly Oat Drink Whole	60kcal	1.1g	Vitamins B2, B12, D and calcium
Moma Oat Barista Edition (oat based)	62kcal	1g	Vitamins B2, B12, D and calcium
Alpro Growing up Oat Drink	60kcal	1.8g	Vitamins A, B2, B12, C, D and calcium, Iodine, Iron and Zinc
Arla Lacto-Free Whole Milk (cow's milk based and only suitable in lactose free diet)	56kcal	3.3g	Vitamin B12 and calcium
Alpro This Is Not M*Lk Whole Oat Drink	62kcal	0.7g	Vitamin D and Iodine
Alpro Plant Protein Original Soya Drink	57kcal	5.0g	Vitamin B2, B12, D and Calcium

Fortify these milk alternatives by adding soya/oat/coconut cream e.g. 350ml high calorie soya milk mixed with 250ml soya cream. **This can increase the calories to around 600kcal and over 10g protein.**

Choose high calorie drinks. You can make more nutritious drinks at home from the fortified milk than shop brought alternatives. Here are some examples:

<p style="text-align: center;">Hot Cocoa 300kcal, 6g protein</p> <ul style="list-style-type: none"> - 150mls fortified plant milk - 4 teaspoons of cocoa - 4 teaspoons sugar <ol style="list-style-type: none"> 1) Mix the milk and cocoa 2) Warm in a microwave or pan 3) Stir in the sugar 	<p style="text-align: center;">Banana Milkshake 430kcal, 5.5g protein</p> <ul style="list-style-type: none"> - 200mls fortified plant milk - 1 banana - 80g dairy free vanilla ice-cream <ol style="list-style-type: none"> 1) Add all of ingredients into a blender and blitz until smooth 2) Pour into a glass
<p style="text-align: center;">Smoothie 500kcal, 9g protein</p> <ul style="list-style-type: none"> - 80g raspberries - 70g dried apricots - 10g ground linseed/ flaxseed - 200ml fortified plant milk <ol style="list-style-type: none"> 1) Add all of ingredients into a blender and blitz until smooth 2) Pour into a glass 	<p style="text-align: center;">Cuppa Soup 390kcal, 30g protein</p> <ul style="list-style-type: none"> - 150mls fortified plant milk - 1 sachet vegan appropriate Cuppa Soup - 30g soya protein powder <ol style="list-style-type: none"> 1) Add both powders together in a mug 2) Heat milk in microwave or on the hob until warm 3) Add milk into mug and whisk.

2. Fortify your foods. It is recommended to add foods to your diet to increase the calorie content throughout the day. Here are some suggestions:

Use these to add...		Add them to
1 tablespoon of vegan mayonnaise	66kcal, 0g protein	Eggs, mashed potatoes and sandwiches
2 teaspoons of vegetable spread	50kcal, 0g protein	Vegetables, potatoes, sauces, soups, toast, crumpets, sandwiches
Matchbox size piece of vegan cheese	90kcal, 0.5g protein	Eggs, beans, toast, soup, potatoes, vegetables, sauces or sprinkle on main meals
1 tablespoon of peanut, almond, cashew, hazelnut or other nut butters	95kcal, 3.5g protein	Fruit, sandwiches, toast, crumpets, smoothies
1 tablespoon of ground or whole seeds	50kcal, 3g protein	Yoghurts, soups, cereals, smoothie
30g soya / pea protein powder	110kcal, 25g protein	Milkshakes, smoothies, yoghurts, soups, cereals, sauces

Other high calorie foods to add to foods include:

Hummus, dripping (only if lactose/dairy free and not avoiding animal products), jam, golden syrup, cream cheese alternatives, olive, sunflower or vegetable oil, plant based creams.

A video regarding food fortification is available at: <https://www.youtube.com/watch?v=2tS7fP7aUy8>

3. Aim for 3 small meals at least 2 snacks daily. Little and often is more appealing for a small appetite. Most supermarkets have their own 'free from' section with products which don't contain milk. Alternatively, many own brand products happen to be milk free and can be cheaper options. Examples of suitable snacks include:

Examples of high calorie snacks (Correct as of Jan 2023)	
Sweet snacks	Savoury snacks
<ul style="list-style-type: none"> • Dried fruits • Fry's chocolate creams • Lotus biscuits • Fox's Ginger Crinkle Crunch and Party Rings • Bourbon Biscuits (check brand) • Oreo Cookies • Jacobs Fig rolls • McVities Ginger Nuts, Fruit Shortcakes, Fig Rolls and Chocolate Chip Hobnobs • Dairy free ice cream • Fruit toast with dairy free spread and jam • Trail Mix • Soya desserts • Plain chocolate • Turkish Delight (check brand) • Soya or coconut yogurt • Suitable 'free from' sponges and cakes. 	<ul style="list-style-type: none"> • Nuts • Crisps flavour depending– check label • Cream cracker (check brand) • Rice cakes with nut butter • Ryvita with cream cheese alternative, hummus, avocado, tahini or bean dip • Nut butter with veg sticks • Toast with vegetable spread and nut butter, meat paste or pate (if not avoiding animal products)

Please note: Always check the food label!

Milk and all other milk products will appear on the food label in **bold type** if contained in the product. Look out for:

- | | | |
|-------------------------------|-----------------------------|-------------------|
| • Buttermilk | • Cow's Milk (Fresh Or UHT) | • Condensed Milk |
| • Cream / Artificial Cream | • Evaporated Milk | • Butter |
| • Butter Oil | • Ghee | • Margarine |
| • Cheese | • Fromage Frais | • Ice Cream |
| • Yoghurt | • Casein (Curds) | • Caseinates |
| • Calcium Or Sodium Caseinate | • Hydrolysed Whey Protein | • Lactoglobulin |
| • Lactoalbumin | • Lactose | • Milk Powder |
| • Skimmed Milk Powder | • Milk Protein | • Milk Sugar |
| • Milk Solids | • Non-Fat Milk Solids | • Modified Milk |
| | • Whey Solids | • Hydrolysed Whey |
| | • Whey | |

If there are any specific dietary concerns regarding diabetes, Coeliac Disease or renal disease or modified texture diet ask for further guidance from your G.P or Dietitian.

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