

3 2 1

Nutrition

Here are some tips to help you:

3-2-1: Simple steps to follow when your appetite is poor and you are losing weight.

Malnutrition makes it harder for the body to fight infection and heal itself. It reduces your energy levels, muscle strength and mobility.

Most people need to eat at least an extra 500 calories a day (on top of their normal intake) to stop losing weight.



3 small fortified meals



The Change	The Benefit
Start the day with breakfast every morning.	Stimulates your appetite and fuels your body for the day ahead.
Make portion sizes right for you.	When your appetite is poor, large portions can put you off meals. Having smaller portions can help.
Treat yourself to a daily pudding.	Puddings can be enjoyable, but they can also be nutritious. Milk based puddings provide much needed protein and calories.
Add food fortifiers to your food, such as butter, margarine, double cream, cheese, sugar, syrup or honey.	Boost calories without the bulk. If you have diabetes, do not add extra sugar, syrup or honey to meals or drinks.

2 nutritious snacks

The Change	The Benefit
Eat small nutritious snacks between your meals and before bed.	Eating every 2-3 hours can make a big calorie difference and add up to a lot during the day.

1 pint of fortified milk a day

The Change	The Benefit
Fortify your milk - add 6 heaped dessertspoons of dried skimmed milk powder* to 1 pint of milk. Use this on cereal, in sauces, puddings and in drinks.	Skimmed milk powder is high in protein but doesn't alter the taste when mixed in to fresh milk. It can help healing, improve muscle strength and help you to gain weight.
Switch to whole or full cream milk and thick and creamy dairy products.	Changing to whole milk can increase your calorie intake from milk by nearly 30%.
Use a little more milk - have at least one milky drink a day.	Milk is nourishing when you have a small appetite and it helps you to stay hydrated too.

*dried skimmed milk powder is available from Asda, Co-op, Iceland, Morrison's, Sainsbury's or Tesco's in a tub or sachet. Look for 'dried skimmed milk', rather than ones with added vegetable fat.



food fortifiers

	Amount	Energy (kcal)	Protein (g)
Sugar	1 dessertspoon	60	0
Syrup / Honey / Jam	1 dessertspoon	50	0
Butter or margarine	1 heaped dessertspoon	110	0
Olive or vegetable oil	1 dessertspoon	110	0
Double cream	1 dessertspoon	75	0
Grated cheese	Small handful	105	6
Evaporated milk	3 dessertspoons	60	3



snack ideas

	Amount	Energy* (kcal)	Protein (g)
Individual trifle or dessert	1 small pot	205	2
Individual chocolate mousse	1 small pot	110	2
Thick and creamy yogurt	1 small pot	150	4
Mini fromage frais	1 small pot	40	3
Soft tinned fruit & evaporated milk	Small bowl & 3 dessertspoons milk	110	4
Mashed banana & whipped cream	1 small banana & 1 dessertspoon cream	105	1
Toasted teacake and butter	Half	110	2
Nuts (plain, roasted, salted)	1 handful	180	7
Fruit scone, butter, jam & cream	Half	120	2
Individual cake e.g. Bakewell slice, mini roll	1 slice	130	2



*nutritional values are approximate and depend upon brand



nourishing drinks



Hot drinks

- Use fortified milk in tea, milky coffee, cappuccino, hot chocolate, or malted milk.
- Ovaltine Original & Horlicks Traditional are fortified with added vitamins.

Cold drinks

- Homemade milkshakes are easy to make with fortified milk, milkshake powder or fresh or tinned fruit, and ice-cream (Asda Milkshake Mix, Tesco Milkshake Mix and Nesquik Milkshake Mix are fortified with added vitamins).
- If you don't like milk, try a daily glass of fruit juice or a smoothie.

Too tired to cook?

- Try supermarket ready meals and add extra butter or cheese.
- Add toppings to toast e.g. baked beans, cheese, scrambled egg, sardines, spaghetti.

Meal delivery services are also available - for example:

- Meals at Home:
Nottingham City Council Tel: 0115 876 1847
Notts County Council Tel: 01623 490 015
- Wiltshire Farm Foods Tel: 01476 565 353
- Oakhouse Foods Tel: 01526 320 222