Patient Information

University Hospitals Coventry and Warwickshire NHS Trust

Dietetics

Prevention or treatment of weight loss: high protein and high calorie diet information

This leaflet provides information for people who need to have a high calorie and high protein nutritious diet for short term because they have lost weight through illness. General population should follow the healthy eating guidelines and the following should only be used in time of malnutrition and unintentional weight loss.

Introduction

For the body to work at its best, it is essential that it receives a nutritious diet. This is especially important when you are, or have been, unwell.

A nutritious diet can:

✓ Help you to avoid losing weight and regain the weight you may already have lost.

✓Help you feel stronger.

✓Prevent the body from breaking down its own stores of fat and muscle.

✓Help your body fight infections more effectively.

Which foods do I need to eat?

It is important to have a variety of foods each day since no single food group has all the nutrients necessary to maintain health.

Protein: Building blocks of the body. Maintains and repairs body tissues. ✓ Meats, poultry & fish ✓ Dairy such as milk, yoghurt, cheese & eggs ✓ Vegetarian alternatives such as Soya, Quorn or Tofu ✓ Nuts & seeds ✓ Beans, peas & lentils	**Energy (High Calories):** High energy foods provide fuel for the body. Your body needs more energy than normal when ill. ✓ Bread, cereals, chapatti, potato, rice, pasta ✓ Butter, ghee, double cream, margarine, oils ✓ Biscuits, cakes, puddings, fizzy drinks (not diet)
Fruits & vegetables: Good source of vitamins, minerals & fibre. ✓ Fresh, frozen or tinned varieties, Try not to overcook them as some of the nutrients will be lost. ✓Fruit juice or fortified squash ✓ Aim for 5 portions of fruit, vegetables or salad daily but prioritise high energy foods if appetite is small.	**Milk & dairy:** Important source of protein, energy & calcium. ✓ Full cream milk, channel island. Aim for 1 pint of milk per day including milk added to cereals ✓ Cheese (soft or hard) ✓ Full fat creamy yoghurt (natural or fruit) ✓ Full fat fromage frais ✓ Fortified dairy free milk or cheese

What to do if I have a small appetite?

✓ Have smaller meals and snack more frequently.

✓ Add extra nutrients to food and drinks. (Follow advice on how to enrich your food -see below)

✓ If you are full after your meal, save your pudding for later!

✓ Include your favourite foods and try to have a varied diet

✓Fry food where possible to increase the amount of calories

✓ Try not to fill up on drinks before and during eating

✓Sip on nourishing drinks between your meals. Nourishing drinks include Fortified full cream milk (Recipe below), on its own or as a milky coffee, hot chocolate, latte, malty drinks or milkshake

✓Cream soups when less than half meals are managed

✓ Complan or Meritene shakes (sweet or savoury) or 'Nourishment.' These are available to buy from chemists and supermarkets or see below for homemade booster milkshake/smoothie recipe.

Enrich your food

Fortified milk

✓1 pint full cream milk

✓4 tablespoons milk powder

Mix the milk powder with some of the milk to make a runny paste and then pour remainder of the milk. Whisk together and refrigerate for up to 24 hours.

This can be used in place of regular milk or water to make hot drinks, packet soups, milk puddings, custard, cereals and sauces

Double cream, evaporated or condensed milk

- Use in sauces, cereals, custard, soups, puddings, mashed potato, scrambled eggs or on fruit and jellies
- Dairy free alternative such as free from single cream or evaporated coconut milk can be used

Ice cream/Dairy free ice cream

- Add into milkshakes

Cheese (Use full fat varieties)

- Cheddar, feta, mozzarella, Cheshire, cream cheese.
- Dairy free alternative such as vegan cheese slices, free from cheese spread and free from grated mozzarella.
- Sprinkle on pasta, toast, baked beans, mashed potatoes, eggs, cooked vegetables or into soups

Sugar, syrup, honey or jam

- Add into cereals, puddings, pastries or spread on toast

Yoghurt

- Use full fat and creamy variety or dairy free alternative such as dairy free coconut yoghurt, flavoured dairy free yoghurt or Greek style plain dairy free yoghurt

Butter, margarine, ghee or oils

- Melt over cooked meals, vegetables or into mashed potato
- Use oils such as olive oil as salad dressing, or use plenty of mayonnaise or salad cream
- Ghee or butter can be used to spread over chapattis or added into curries
- Palm oil soups

Not sure what to eat?

The following is a suggested plan if you are unsure what foods to eat to help increase your calories.

Breakfast: Cereal with full-fat fortified milk and fruit/sugar

Toast with butter/margarine and jam/marmalade

Egg with cheese and/or bacon and/or baked beans

Stuffed paratha with ghee

Mid-morning: Milky/enriched drinks and/or snacks

Lunch: Creamy soup and toast

Meat/chicken/ fish/cheese/eggs/beans/curry/stew (Choose 1)

Potato/pasta/rice/bread/chapatti/fufu/plantain (Choose 1)

Vegetable/salad with butter/margarine/salad dressing

Milky pudding, yoghurt, fruit and cream, custard or ice cream

Mid-afternoon: Milky drink and/or snack

Evening: Creamy soup and toast

Meat/chicken/fish/cheese/eggs/beans/curry/stew (Choose 1)

Potato/pasta/rice/bread/chapatti/fufu/plantain (Choose 1)

Vegetable/salad with butter/margarine/salad dressing

Milky pudding, yoghurt, fruit and cream, custard or ice cream.

Suppertime: Snack, homemade booster milkshake/smoothie, cereal, milky drinks

None of these products should be diet or low fat varieties

Ideas for between meal snacks

Have 2-3 small nourishing snacks between meals each day.

Savoury snacks

2 crackers and cheese
Bowl of Bombay mix
Polish pierogi
Cheese sandwich (one slice)
Handful of peanuts
Zowey peanut balls
Packet of crisps
Slice of pizza
Medium sausage roll
Toast with butter
Sour cream cucumbers
Samosas

*Use generous amounts of margarine/butter on snacks

Sweet snacks

Slice of malt loaf
Half a hot cross bun
Half a scone with butter and jam
Scoop of ice cream
Cereal bar
Handful of dried fruit
Pot of custard rice pudding or trifle
Crumpet
Doughnut
Bakewell tart
Cream-filled biscuits
Small slice flapjack
½ scone with jam and cream
Chocolate bar
Slice of cake
Mandelbrot cookies
Hungarian nut roll
1 -2 Indian sweets
Croissant with butter and jam

*Use generous amounts of margarine/butter/double cream on snacks

Homemade booster supplements

Fortified milkshake – Makes 1 portion

Ingredients:

1) 180ml full fat milk 2) 30g skimmed milk powder 3) 20g vitamin fortified milkshake powder (e.g. Nesquik or Tesco Milkshake Mix)

Directions:

Mix milk powder and milkshake powder together in a glass

Gradually mix in milk and stir well

One portion provides around 220 calories, 15 grams of protein, 8 grams of fat

Fortified fruit juice – Makes 1 portion

Suitable for those who do not like milky drinks

Ingredients:

1) 180ml fruit juice 2) 40ml undiluted high juice squash or cordial 3) 1x 8g sachet egg white powder

Directions:

Mix undiluted cordial or squash into egg white powder

Gradually mix in fruit juice

This provides about 200 calories, 7 grams of protein and 0g fat

Fortified lemon cream – Makes 3 portions

Suitable for those with small appetites

Ingredients:

1) 300ml double cream 2) 70g caster sugar 3) Juice of 1 lemon

4) 30g skimmed milk powder

Directions:

Put cream and milk powder in a small saucepan. Gently heat until milk powder dissolved. Add sugar. Bring to the boil and boil for 3 minutes. Thoroughly mix in lemon juice to taste. Pour into 3 small bowels and chill.

Serve 1 portion per day only. 1 portion contains 600 calories.

Fortified chocolate caramel cream – Makes 3 portions

Ingredients:

1) 150ml double cream 2) 30g skimmed milk powder 3) 30ml full fat milk
4) 2 x 58g Mars bars or similar nougat-caramel chocolate bars

Directions:

Put cream, milk and milk powder in a saucepan. Gently heat until milk powder dissolves. Add finely chopped Mars bars. Heat gently, stirring all the time, until bar has completely melted. Pour into 3 small bowls and chill.

Serve 1 portion only. 1 portion contains 500 calories.

Nutritional supplements on prescription

If you continue to lose weight or are unable to increase your food intake, please contact your dietitian. Nutritional supplements are available on prescription and your dietitian will discuss these with you and your doctor.

If you have regained your weight and are eating well, this diet should no longer be required. Please ask your dietitian or healthcare professional for alternative advice.

Oral care for people on a high calorie diet

Increasing the calorie content of your diet may mean eating more sugary foods and drinks which are not usually recommended for a healthy mouth and teeth. A healthy mouth reduces risks of infections such as a chest infection.

✓ Visit dentist regularly and inform them about your diet and ask for protective treatment.

✓ Brush your teeth, gums and tongue twice a day including before bedtime with fluoride toothpaste.

✓ Chewing sugar free gum for 10-20 minutes after eating sweet foods will help to neutralise acids in the mouth.

✓ Drink sweet drinks through a straw and don't swish them around your teeth. Try to keep them to mealtimes.

✓ Avoid sticky sweets such as toffee, fudge, fruit chews and boiled sweets if possible. Sweets that melt away quickly can be used instead to boost your calorie intake.

✓ Some medicines can be sugary as well. Take them at mealtimes if possible.

Your Dietitian is:

Contact numbers: 024 7696 6161 (University Hospital)
01788 663473 (Hospital of St Cross, Rugby)

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