

# Getting a Lot out of a Little: Advice for adults who need to gain weight



## How can I increase my nutritional intake?

- Have a good breakfast as your appetite is likely to be best in the morning.
- If you have a poor appetite have small portions. Aim for 3 small meals and 3 snacks daily.
- Always choose full fat and high sugar products as they are higher in energy.
- Try a dessert in between meals if you cannot manage it at mealtimes.
- Try to have your drinks after a meal to allow you to eat more of your food.
- Alcohol can help to stimulate your appetite. Ask your doctor if you are allowed to have a small glass before a meal

## How can I fortify my meals?

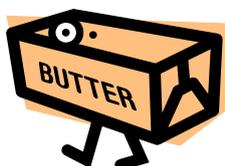
**Aim to include at least 2 of the following suggestions daily:**

- |                |   |
|----------------|---|
| 1 tablespoon   | Double cream – add to drinks, puddings, cereals, soup                               |
| ½ pint / 300ml | Fortified milk (recipe on page 3)<br>Use to make milky drinks, on breakfast cereals |
| 2 teaspoons    | Butter or margarine – add to potatoes, rice, pasta, vegetables                      |
| 1oz / 25g      | Cheese (size of a small matchbox) grated and added to soup, potatoes etc.           |



**As well as:**

- Spreading butter or margarine thickly on toast, bread, crackers
- Adding sugar to desserts and breakfast cereals
- Having high fat high sugar products
- Adding mayonnaise to sandwich fillings and oil to salad dressings
- Spreading jam, marmalade, honey and peanut butter thickly on toast, bread, crackers
- Adding grated cheese to sauces, potatoes, scrambled eggs, soups, vegetables, baked beans



## Example menu with ways to fortify your meals



Make with fortified milk and add honey

### **Breakfast**

Fruit juice  
Porridge or Breakfast cereal  
Toast with butter and jam

Mid- morning snack  
(see ideas below)

### **Lunch**

Sandwich with cheese, cooked meat, fish, egg, hummus, peanut butter.  
With or without salad

or  
Toast with baked beans, cheese, tinned fish or egg

or  
Soup with added double cream or grated cheese

Yoghurt or fromage frais

Mid-afternoon snack  
(see ideas below)

### **Evening meal**

Meat, chicken or fish dishes with potatoes, rice, or pasta  
Vegetables or salad

Dessert such as sponge and custard or rice pudding

Spread butter when toast still hot and spread jam, honey or peanut butter thickly

Spread butter thickly and add mayonnaise

Use a full fat variety – thick and creamy or greek yoghurt

Add butter to vegetables and potatoes

Add sugar and serve with double cream

## Always try to include 2 snacks daily.

Here are some ideas:

- Crackers and cheese
- Cup a soup with added cream or fortified milk
- Full-cream and greek yoghurt with added honey
- Pork pie or sausage roll
- Cake or biscuits
- Ice cream with fruit puree and/or a sauce
- Individual trifles, crème caramel, mousses, egg custard
- Full-cream milk puddings e.g. rice, semolina, tapioca, sago, milk jelly



# How can I make my drinks more nutritional?

## Hot drinks

- Make all hot drinks with full fat milk every time
- Add sugar to increase the energy in all drinks
- Try malted or chocolate drinks e.g. Horlicks, Ovaltine and drinking chocolate, all made with full cream milk.
- Make up cup-a-soups with hot milk instead of water.



## Cold drinks

- Make your own milkshakes – use cream or ice cream to add extra calories and creaminess
- Fruit juices and smoothies—a glass of any fruit or mixture such as orange and pineapple or apple and mango will give you vitamin C for the day.
- Try ordinary fizzy drinks, not the diet varieties (but beware the bubbles will fill you up!)
- Try Build up or Complan made up with full fat milk to boost your intake



## Fortified milk

Fortify 1 pint of full fat milk with 4 - 5 tablespoons of skimmed milk powder (mix the milk powder with some milk to make a runny paste and add to the remainder of the pint). Use this in place of milk in all your drinks and meals.



## Additional Information

This information is suitable for people with diabetes as well, but it is wise to make sure that any extra sugar is taken as part of a meal to prevent any rapid rises in blood glucose.

If you normally follow a low fat diet for heart disease or angina, you will need to relax that at the moment. An increase in your fat intake should not affect you adversely and it is more important that you improve your overall nutrition.

## How can other people help me?

If you have somebody to help you during the day, they may find these hints useful.

### Prepare for mealtimes

People feel more like eating if they are clean, comfortable and relaxed before each meal arrives. You can help (or arrange for help) with:



- Going to the toilet, hand-washing, brushing teeth and fitting dentures
- Putting hearing aids in and spectacles back on
- Sitting upright in bed or a chair
- Clearing the tray and bedside tables of any clutter to minimise distractions
- Making sure there are no unpleasant sights, smells or sounds that could put them off
- Adjusting tray tables to the right height
- Removing wrappers and lids and putting straws in drinks
- Cutting up food into manageable pieces, buttering bread and peeling fruit
- Arranging special cutlery if better grip is needed.

### Help with eating

Some people will need your assistance to eat and drink. You should:



- Sit in front of them and make eye contact
- Give small amounts at a time and pause between each mouthful:  
don't have a loaded spoon waiting, as this can look as if you're saying "hurry up"
- Offer a drink at regular intervals
- Mix food with gravy or sauces to make it easier for them to chew and swallow
- Allow plenty of time. It can take about 20-30 minutes to help each patient to eat
- Being pleasant and friendly. A smile and conversation could be all it takes
- Speaking positively about the food (e.g. "It smells really good")
- Serving less food more often (as too much at once can be overwhelming)
- Encouraging snacks between meals that are nutrient-rich

A free interpreting service is available, if you need help with this information.  
Please telephone Stockport Interpreting Unit on 0161 477 9000.  
Email: eds.admin@stockport.gov.uk

如果你需要他人為你解釋這份資料的內容，我們可以提供免費的傳譯服務，  
請致電 0161 477 9000 史托波特傳譯部。

W przypadku gdybyś potrzebował pomocy odnośnie tej informacji,  
dostępne są usługi tłumaczeniowe. Prosimy dzwonić do Interpreting  
Unit pod numer 0161 477 9000.

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