



Patient/carer information: Food first - How to increase food intake by 500 calories per day

Can be used with “Patient/carer information: Food First - Eating well for small appetites”

People who are at risk of malnutrition generally need to eat at least another 500 calories per day (in addition to their current intake) to stop losing weight and/or to help them regain weight.

Increasing your intake by 500 calories per day can seem quite daunting, but it is surprising how easy it can be.

The following are simple suggestions which may help you to increase your intake by 500 calories per day.

In addition to your usual intake, try the following:

• If you like milk and milk products - every day:	<u>Total</u>	<u>582 calories</u>
Drink 1 extra glass (200ml) of full fat milk		140 calories
Use fortified milk* on cereal & in all cups of tea & coffee		110 calories
Eat 2 small snacks in between meals e.g. 1 tub of rice pudding & 1 thick and creamy yogurt		332 calories

• If you don't like or cannot take milk and milk products - every day:	<u>Total</u>	<u>499 calories</u>
Drink 1 extra glass (200ml) of fruit smoothie		100 calories
Have 1 extra teaspoon of jam on bread or toast		50 calories
Eat 2 small snacks in between your meals e.g. 1 cereal bar & 1 dessertspoon peanuts		274 calories
At your main meal, fortify vegetables and potatoes with 2 teaspoons margarine		75 calories

• If you have a sweet tooth - every day:	<u>Total</u>	<u>516 calories</u>
Drink 1 extra glass (200ml) of fruit juice		80 calories
Eat 2 small snacks in between your meals e.g. 1 chocolate mini roll & 2 cream biscuits		223 calories
Have an extra small pudding after lunch or tea e.g. 1 individual trifle		188 calories
Add 1 extra teaspoon of sugar to your cereal or hot drinks		25 calories

• If you prefer savoury flavours - every day:	<u>Total</u>	<u>571 calories</u>
Have 2 small snacks in between your meals e.g. 1 mini pork pie and 1 packet of crisps		251 calories
At your main meal, fortify vegetables and potatoes with 1 tablespoon of grated cheese		40 calories
Drink 1 extra mug (200ml) of instant soup made with hot, fortified milk* instead of water		280 calories


• If you have a very small appetite - every day:	<u>Total</u>	<u>506 calories</u>
Drink 1 extra cup (150ml) of hot chocolate (made with fortified milk*)		190 calories
Have 3 very small snacks in between your meals e.g. 2 cocktail sausages, 2 squares of milk chocolate & ½ a tub of custard		191 calories
Fortify custard with 1 teaspoon honey		50 calories
Fortify your main meal with 2 teaspoons butter or margarine		75 calories

*Make fortified milk by adding 3 – 4 tablespoons dried, skimmed milk powder to each pint of full fat milk

Additional guidance for use with “[Patient/carer information: Food First - Homemade supplements](#)” if your Doctor, Nurse or Dietitian advises that you also need Homemade or “over the counter” supplements

In addition to advice overleaf, try to also take the following:


- If you like milk and milk products or if you have a sweet tooth - every day:** **Total**
 Drink 2 portions Fortified milkshake **610 calories**
Or **Or**
 Drink 2 portions Complan (made with full fat milk) **774 calories**
Or **Or**
 Drink 2 portions Build-Up (made with full fat milk) **534 calories**



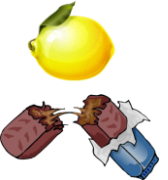
- If you don't like or cannot take milk and milk products - every day:** **Total**
 Drink 2 portions Fortified fruit juice **340 – 476 calories**



- If you prefer savoury flavours - every day:** **Total**
 Drink 1 more mug (200ml) of instant soup made with hot, fortified milk instead of water **and** have 1 cracker and cheese after both your lunch and your evening meal **504 calories**
Or **Or**
 Drink 2 portions Build-Up Soup **406 calories**



- If you have a very small appetite - every day:** **Total**
 Have 1 portion Fortified lemon cream **618 calories**
Or **Or**
 Have 1 portion Fortified chocolate caramel cream **509 calories**



Following the advice in this leaflet should help you improve your food intake and prevent further weight loss.
 If you are not able to follow this advice or you are still losing weight, contact your Dietitian, District or Practice Nurse or GP for further support.

Leaflet provided by:

 Profession:.....
 Contact number:.....

 Date:.....



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Date ratified	19 th December 2013 (Medicines Management JET)
Review date	19 th December 2016