



**To avoid malnutrition and weight loss, use ordinary foods to increase intake of all the nutrients the body needs. Below are some tips to help support people with smaller appetites and prevent weight loss.**

## Provide fortified foods that are high in calories and protein

Ingredients can be added to food to increase the nutritional content without increasing the amount that needs to be eaten. Below are some examples of food fortifiers and how you can use them:

**Skimmed milk** – 1 - 2 tbsp in sauces, cereal, hot drinks and soups.  
(if avoiding milk try egg white, soya or pea protein powder).

**Cheese** – sprinkle a handful on toast, mash potato or vegetables.

**Ground nuts** – 1- 2 tbsp in casseroles, on desserts, breakfast cereals and yoghurt.

**Nut butter (peanut/almond)** – spread thickly on fruit, desserts and in sandwiches.

**Dried fruit** – a handful as a snack, on cereal and in desserts.

**Jam/marmalade** – mix 1 - 2 tsp into porridge or desserts or add to sandwiches

**Butter** – add a knob of butter to vegetables and main meals. Spread thickly on bread.

**Honey/syrups** – add 1- 2 tsp to breakfast cereal or add to vegetables as a glaze.

**Condensed milk/cream** – add a tbsp to desserts or hot drinks.

**Sauces (mayonnaise/salad cream)** – a thick spread in sandwiches, add to meats and fish.

## Provide snacks between meals

Offer a variety of small snacks each day in addition to meals, adding just two to three snacks per day can help prevent weight loss. Soups, dips, yoghurt and even cream can all be fortified with 1 - 2 tbsp skimmed milk powder.

- Crackers with butter, cheese and chutney.



- Cheese cubes or triangles with fruit or veg.



- Breadsticks and dips (hummus and guacamole).



- Scotch eggs, pork pies and cocktail sausages.



- Fruit with cream or ice cream.



- Yoghurt with honey/ syrup and fruit.



- Biscuits or scones with butter and jam.



- Pastries with cheese, nut butters or jam.



# Nourishing Fluids

Homemade milkshakes and smoothies are an ideal way to boost intake for those with small appetites. Use this fortified milkshake recipe to create a nutritious drink:



## Ingredients:

- 180ml full fat milk
- 2 generous tablespoons (30g) skimmed milk powder
- 4 heaped teaspoons (20g) vitamin fortified milkshake powder\*

\* Nesquik, Asda own brand, Morrisons own brand or Lidl Goody Cao. Horlicks Original or Ovaltine Original are all fortified milkshake powders

## Directions:

Mix milk powder and milkshake powder together in a glass. Gradually mix in milk and stir well.  
1 portion = 220ml  
Serve 2 portions per day

**MILKSHAKE + Add your own twist with extra flavours and additions to the milkshake above.**

- Blend in some fruits
- Add in chocolates and biscuits – try Jaffa cakes or Oreos!
- Add in a scoop of ice cream and experiment with flavours.
- Add to hot or cold coffee, hot chocolate or malted drinks.
- Top with cream, marshmallows and sprinkles.