

## Making The Most Of Your Meals

Name: \_\_\_\_\_ Date: \_\_\_\_\_

Dietitian: \_\_\_\_\_

## How to make the most of your meals

Following an illness or surgery you need to have extra protein and calories to repair body tissue. This is especially important if you have lost weight or have a poor appetite. This sheet gives you advice on how to increase your protein and calorie intake.

### Main points to remember:

1. Try to include 3 small meals per day as well as 2-3 snacks or milky drinks
2. Choose at least 2 servings of protein foods each day
3. Try to include foods high in fat and sugar to give you extra calories

### Sources of protein

The foods listed below are good sources of protein. Try to have a minimum of 2 servings per day.

- Meat/Fish - fresh, frozen, smoked, tinned (minced or puréed)
- Cheese - full fat variety
- Milk - full fat, fresh, powdered, evaporated
- Yoghurt - full fat varieties
- Eggs
- Pulses - beans, lentils

### Sources of calories

Foods high in fat and sugar are good sources of calories. DO NOT choose low fat/low sugar foods. Take as much as you can of the following:-

- Margarine/Butter - spread generously on bread, toast, buns, crispbreads & add to vegetables, pasta and potatoes.
- Sugar, honey, jam or syrup – add to porridge, breakfast cereals, desserts & hot drinks.
- Cream/evaporated milk - add to soups, puddings, tinned fruit, mashed potato & sauces.
- Full fat salad cream/mayonnaise - add to mashed potatoes, eggs, tuna in sandwiches.
- Cheese – add to sandwiches/have on toast grate & add to soup, mashed potato, savoury sauces and vegetables.
- Puddings made with sugar & full fat milk e.g. rice pudding, custard, semolina and tapioca.
- Add cream/ice cream to crumble, sponge puddings & fruit pies.
- Hot drinks made with sugar and full fat milk e.g. coffee, hot chocolate & Horlicks.

### Fortified milk

You can fortify your milk and increase its protein and calorie content by adding milk powder e.g. Marvel.

Add 1oz (2 tablespoons) milk powder to each ½ pint milk.  
Liquidise together or mix the powder to a paste before adding the rest of the milk to stop it going lumpy.

Aim to use 1-1½pints fortified milk each day and use the fortified milk for:-

Milky drinks e.g. Horlicks, Ovaltine, Coffee, Hot Chocolate, Milkshakes

Puddings e.g. Custards, Milk Jellies, Puddings, Instant Whips, Egg Custards

Sauces, sweet and savoury

Breakfast Cereals

In addition to fortifying your milk you can:-

Add 2-3 teaspoons of milk powder to soup, yoghurt, mashed potato, custard, tinned and instant puddings and porridge.

## Enriched drinks

If you are unable to manage meals, Build Up or Complan can be taken as a meal replacement.

## Quick and easy meal ideas

The following two pages give you ideas for quick to prepare nourishing meals and snacks.

### Breakfast

- Breakfast cereal, e.g. Porridge, Weetabix, Cornflakes, made with full cream milk/fortified milk and cream
- Poached/Scrambled egg on toast
- Tinned fruit in syrup
- Bacon Sandwich
- Toast with butter and marmalade or jam

### Light meals

- Sandwiches filled with cold meat, cheese, tinned fish, egg, peanut butter. Add extra mayonnaise/salad cream.
- Toast with for example baked beans, cheese, spaghetti, egg, sardines, pilchards.
- Homemade/tinned soup with added cheese/cream and bread/sandwich.
- Jacket potato filled with tuna mayonnaise, grated cheese, baked beans.

### Main meals

- Macaroni cheese with grilled tomatoes
- Omelette with cheese/bacon/tomatoes, bread and butter
- Shepherds pie and vegetables
- Mince/Stew with mashed potatoes and vegetables
- Oven ready fish, oven chips and peas
- Sausage, mashed potato and baked beans
- Roast meat with potatoes and vegetables
- Fish - poached/baked/boil in the bag with potatoes and vegetables

## Puddings

- Stewed fruit (fresh or dried) with custard made with full fat milk
- Jelly with added fruit and evaporated milk
- Milk pudding, e.g. rice pudding, full fat milk and add extra cream
- Vanilla ice cream
- Thick and creamy yoghurt
- Mousse

## Snacks

- Biscuits e.g. digestives, rich tea, ginger nut, hob nobs, Garibaldi, chocolate varieties
- Toasted teacakes/crumpets
- Malt loaf
- Bread, toast, crackers. crispbreads with butter and cheese
- Yoghurt and fruit
- Breakfast cereals with full fat milk
- Milky hot drink
- Milkshakes - milk, ice-cream and fruit or ready prepared powder mix with full fat milk

## HELPFUL HINTS

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## Patients with diabetes

It is important to ensure that you meet your protein and calorie needs during periods of illness or after surgery. Foods high in fat and sugar are a good source of calories, increasing your intake of these foods will help to meet your raised needs.

**You do not need to follow the normal healthy eating advice during this time. The advice in this information leaflet is appropriate to follow.**

Sugary liquids can cause a sudden rise in your blood sugar levels and therefore are best avoided during illness or after surgery:

- Have sugar free squash or 'diet' fizzy drinks instead of ordinary fizzy drinks and glucose energy drinks, such as Lucozade

**Illness or surgery can cause your blood sugar levels to rise. During these periods it is important that your blood sugar levels are monitored regularly. You may require a review of your medication.**

## Contact Details

Department of Nutrition & Dietetics, Tel: 01202 442593

For further health-related information please ask the relevant department for an Information Prescription or contact:

### **The Health Information Centre**

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