



Wiltshire Community Health Services

PALS (The Patient Advice and Liaison Service) focuses on improving services for NHS patients. If you have questions, concerns, suggestions or compliments about any NHS service you receive then speak to a member of staff. If you feel that they cannot help you or you still have concerns, then contact **PALS**:

- **Freephone 0800 389 7671**
- E-mail PALS@wiltshire.nhs.uk or write to PALS Wiltshire NHS Southgate House, Devizes Wiltshire SN10 5EQ

This booklet is available in large print, Braille or can be translated into another language on request from the PALS office.

Contact numbers:

Tel: (01225) 824398 (RUH)

Tel: (01225) 833916 (St Martin's)

Tel: (01225) 465941 (RNHRD)

Tel: (01249) 456512 (Chippenham)

Tel: (01722) 429333 (Salisbury)

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RV 02/12

Produced by the Nutrition & Dietetic Department at Salisbury Hospital and St Martin's Hospital, Bath

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Food First Advice for Improving Nutrition



Aim of Treatment	
Review Appointment	
This leaflet was given by	
Contact Numbers	

If you have any questions about the leaflet or feel the information provided is not of benefit, please initially contact the person who gave you the leaflet.

- As a general rule only keep leftover food for two days in the fridge, and not beyond the “use-by date”.
- Do not let rubbish build up in the kitchen or kitchen bin.
- Keep pets away from your food and work surfaces in the kitchen.

➤ **Food safety, if you have not got a ‘fridge**

- Eat meat, fish and foods containing cream on the same day you buy them, and tinned foods on the same day you open them.
- Buy fresh (pasteurised) milk in small amounts often, or use UHT or dried milk instead.

➤ Food Safety

Food safety is important to prevent infections from contaminated food and is even more important when you are unwell.

- Always wash your hands before cooking or handling any food. Dry them on a clean towel.
- Some foods can be cooked from frozen (read the label). Other foods, such as meat, must be thawed thoroughly before cooking. Thaw in a refrigerator and follow instructions on the packet.
- Keep raw meat, fish and poultry away from other foods to stop contamination. Store these raw items in the bottom of the 'fridge. Wash chopping boards and utensils carefully after using them for raw foods and wash before using again.
- Wash fish and poultry, fruit and vegetables thoroughly before use.
- Always allow hot foods to cool before putting them in a 'fridge or freezer.
- Use plastic containers and tubs, or cover food to store in a 'fridge. Don't leave food in cans.

➤ Advice for improving nutrition

Everybody needs a balanced diet to keep fit and healthy.

At times some people need extra nourishment. This can be achieved by adding more fat and sugar into your diet than would normally be advised, as well as eating enough protein within a good variety of foods. This can help you put on weight, feel stronger, fight infection, improve wound healing or cope better with any treatment.

You should aim to return to a healthy balanced diet if you have managed to put on weight, or you have regained your appetite and are feeling better.

If you have diabetes and you normally check the sugar (glucose) in your urine or blood, you should continue to do this regularly and contact your Practice Nurse or Diabetes Nurse if you have trouble keeping your results within normal limits.

➤ Suggested Eating Pattern

- Try to eat a wide variety of foods from each of the food groups as shown on the “Eatwell Plate”. This will help you get all the nutrients that your body needs.
- Eat little and often. If you can’t manage normal sized meals you may need to change your eating pattern. Try six small meals a day, or three meals with snacks or nourishing drinks in between meals and at bedtime.
- If your appetite is poor, you may find that some fresh air, light exercise or a little alcohol before meals may help. Check first with your Doctor that you may take alcohol.
- Make the most of each mouthful. This booklet gives some ideas on how to add extra calories (energy) and protein into ordinary foods to help make even small amounts of food more nourishing.
- When your appetite is very poor, eat what you fancy and when you fancy it. Try to include your favourite foods to tempt your appetite.

If you are unable to prepare foods, ask for help or make use of nourishing convenience foods or frozen meal delivery services. Often special dietary requirements can be met, e.g. diabetic, vegetarian, gluten free.

For **Wiltshire Farm Foods Freephone 0800 773773**
www.wiltshirefarmfoods.com or email info@wiltshirefarmfoods.com

For **Oakhouse Foods Freephone 0800 7838753** or
www.oakhousefoods.co.uk

For help with shopping, housework and help preparing or reheating quick meals contact **Age Concern, Salisbury District** on **01722 322515**, **Wiltshire District** on **01380 727767** or **Bath District** on **01225 466135**

Please note charges will apply on these services; however you may be eligible for financial support.

Contact **01722 315227 (Salisbury Social Services)** or **01225 713001 (Wiltshire Social Services)** or **01225 477000 (BANES Social Services)** for further information.



➤ Nutritional supplement drinks

If your appetite is very small, or you are unable to eat anything extra, you could consider buying nutritional drinks such as Build Up or Complan powder. These can be made up with milk and taken between meals. They are available in most supermarkets and pharmacies.

➤ Snack Ideas

Savoury

- Cheese with apple/pineapple
- Crisps and nuts
- Toast, crumpets or muffins with butter
- Sausage rolls, meat pies or pasties, samosas, bhajis, pakoras, cocktail sausages, scotch egg or spring rolls.
- Hummus, pate, peanut butter or meat/fish paste with bread, breadsticks or crackers
- Slices of pizza or quiche

Sweet

- Yoghurt) Thick and creamy type or custard style
- Fromage frais)
- Cakes and biscuits
- Fresh or dried fruit or fruit and nut mix
- Cereals and cereal bars
- Scones, teacakes, pancakes, crumpets, croissants or tea breads with jam and butter/margarine
- Fruit cake
- Individual trifles and mousses
- Chocolate

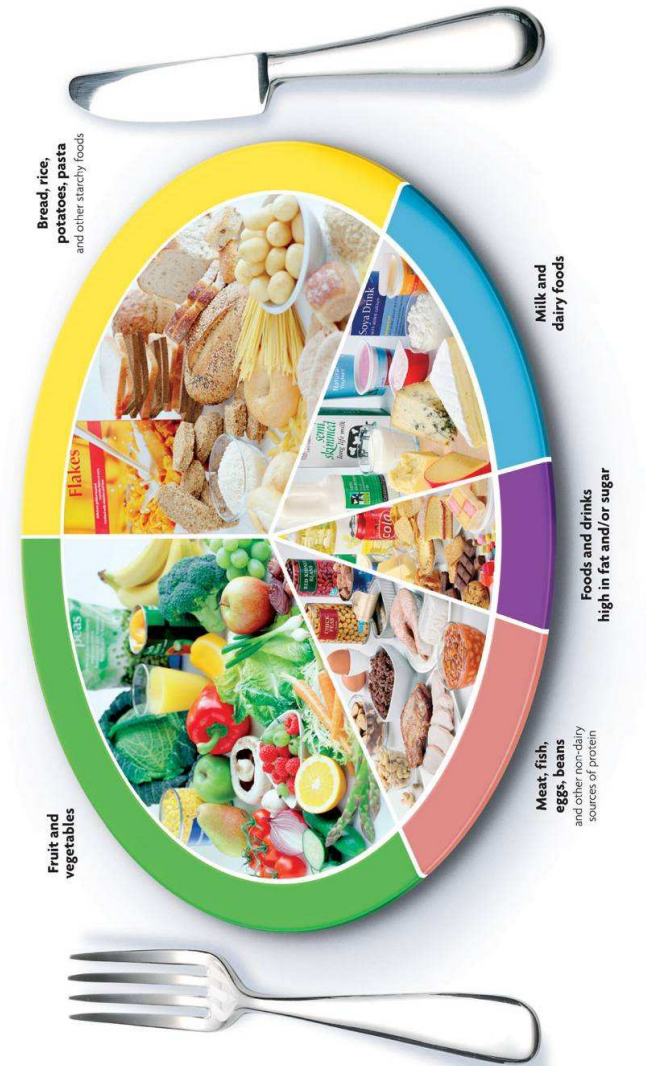


Nourishing Drinks

- Milky drinks, e.g. coffee, tea, cocoa sweetened with sugar, Horlicks, Ovaltine or hot chocolate drinks
- Homemade or bought milkshakes/smoothies

The eatwell plate

Use the eatwell plate to help you get the balance right: It shows how much of what you eat should come from each food group.



➤ Making the most of each mouthful

Here are a few ideas:

- **Dried Milk powder.** e.g. Marvel, supermarket own brand

Can be added to:

Full fat milk (4 tablespoons per pint) use in drinks, sauces desserts and on cereal.

Potatoes, when mashed

Soups and sauces

- **Double cream, evaporated or condensed milk, creamy/thick yoghurt, fromage frais or ice cream**

Can be poured over/used to make:-

Cereals and porridge

Sauces, soups (use cream or full fat natural yoghurt)

Mashed potatoes (use cream or full fat natural yoghurt)

Fruit

Fruit jellies and desserts

Milk puddings and custard

Milky drinks

- **Grated cheese or cream cheese**

Can be added to or use on top of:

Potatoes, (boiled, mashed, jacket)

Soups and sauces

Vegetables and salad

Baked beans

Cooked fish

➤ Dessert Ideas

- Yoghurt) Thick and creamy type or custard style
- Fromage frais)
- Ice cream with tinned fruit
- Blancmange, Instant Whip or Angel Delight* (made with whole milk.
- Jelly* made with condensed or evaporated milk
- Tinned or home made milk puddings (rice, sago, tapioca)
- Banana custard
- Pies, tarts and crumbles served with custard or cream
- Sponge puddings served with custard or cream

Desserts should be made with full fat or fortified milk. Tinned and bought varieties of desserts are useful when your appetite is poor and cooking or food preparation is difficult.



*Reduced sugar or sugar free alternatives may be used if you have diabetes

➤ Main Meal Ideas

- Spaghetti bolognaise - fry minced meat, toss spaghetti in butter and add grated parmesan cheese on top.
- Shepherd's Pie - add cream, full fat or fortified milk, butter or cheese to the potato. Instant potato is a quick alternative.
- Fisherman's Pie - add a creamy cheese sauce to the fish and fortify potato as for shepherds pie.
- Roast Chicken with condensed mushroom soup sauce or other white sauce served with rice.
- Tinned salmon with parsley sauce and mashed potato.
- Lasagne or pre-packed pasta dish, topped with grated cheese.
- Kedgeree
- Toad in the Hole
- Meat or fish curry – add coconut milk or cream and serve with deep fried puris or paratha

Have these with vegetables or salad and, where appropriate, chips, potato, pasta, or rice (preferably fried).

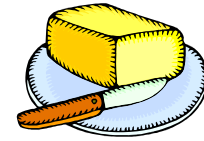
Follow this with a nourishing dessert. (See "Dessert Ideas page 10)

Butter, margarine, olive oil or vegetable oil

Use liberally and do not use low fat varieties

Can be added to:

- Vegetables, salad and potato
- Meat and fish
- Sauces



French dressing, vinaigrette, salad cream, mayonnaise (full fat varieties)

Can be added to:

- Vegetables and salad
- Potato (mayonnaise or salad cream)



Grated chocolate, nuts, dried fruit, marshmallows or glacé cherries

Can be added to:

- Hot puddings or cold desserts
- Hot and cold milky drinks
- Cereals and porridge



Marmalade, sugar, jam, honey, syrup, treacle, glucose powder

(use sparingly, if at all, if you have diabetes)

Can be added to:

Milk puddings and desserts, milky drinks, cereals or porridge

Minced Meat, Lentils, Pearl Barley, Pasta, Rice

Can be added to -

- Soup, sauces, casseroles, stews, vegetables, salads.

Sauces

Are useful to make meals more palatable and nourishing, e.g. Milky or creamy sauces made with fortified milk and flavoured with cheese, mushroom or herbs, can be added to:

- Rice and pasta
- Fish, chicken and meat
- Vegetables, e.g. cauliflower, leek

Breakfast Ideas

- Cereal with full fat or fortified milk (see page 5)
- Porridge with full fat or fortified milk and cream.
- Swiss style, or crunchy muesli cereals with full fat or Greek yoghurt and fresh fruit
- Croissant/waffles/crumpet/bread or toast with butter/margarine and jam or chocolate spread/marmalade/peanut butter or cheese spread.
- Cooked breakfast with egg (e.g. fried or scrambled with full fat or fortified milk and butter), bacon or sausage (preferably fried) with buttered toast or fried bread.

Light Meal Ideas

- Nourishing soup, home made "cream of" or "Big Soup" style. Add extra cream, cheese, meat or lentils. Serve with buttered bread or crumpet.
- Ham, salami, corned beef, cheese, cream cheese and pineapple, egg or tinned fish sandwiches. Use butter or margarine liberally and add full fat mayonnaise or dressing. Try toast sandwiches for an alternative.
- Fried beefburger, sausage or fish fingers in a buttered bread roll.
- Toast with baked beans and grated cheese, scrambled egg, pilchards, sardines, cheese and Marmite, banana or peanut butter.
- Jacket potatoes with tuna and mayonnaise; baked beans and cheese; chilli-con-carne; chopped bacon or ham with cheese.
- Omelette with coleslaw and French bread
- Quiche made with cream, full fat or fortified milk and served with potato salad.
- Cauliflower or macaroni cheese made with full fat or fortified milk and served with pitta bread.
- Pizza topped with extra cheese or bacon etc.
- Scotch egg, pork pie or sausage roll with baked beans,

Follow with a nourishing dessert – see "Dessert Ideas" pg 10