

Eating well with a small appetite

A patient's guide

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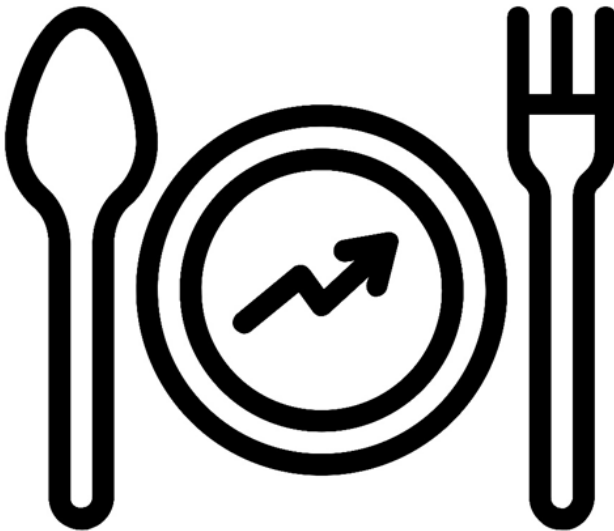
If your appetite is poor, some simple changes can help you get what you need, from the food you can manage.

Eating foods high in calories and protein will help increase your nutrition. Adding 'food boosters' to meals and snacks can add extra calories and protein without increasing the volume too much.

Drinks can also be a good source of nourishment.

Taking a little and often approach to eating, with regular small meals, snacks and nourishing drinks can be helpful.

This leaflet provides some ideas on how you can boost your calorie and protein intake. This can help you re-gain weight, prevent weight loss, feel stronger, fight infections, improve wound healing and recover from illness more quickly.



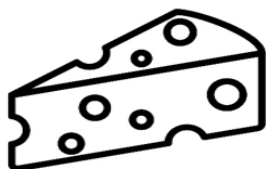
How to boost your energy and protein intake

Milk, milk products, eggs and oils			
Food boosters	Portion	Approx energy (kcal) and protein (g) provided	Ideas to use in food and drinks to increase protein and calories
Cream or olive, rapeseed or groundnut oil.	1 tablespoon	70-120kcal 0-0.5g protein	Add while cooking, to salads, soups, sauces, mashed potato and vegetables.
Butter or olive / rapeseed oil spread	2 teaspoons (10g)	75-105kcal 0g protein	Spread on toast, scones, malt loaf, crackers, add to mashed potatoes or vegetables. Use to make homemade cakes and flapjack.
Dried skimmed milk powder	1 tablespoon (15g)	55kcal 6g protein	Enrich milk by mixing into 150mls (1/4 pint) of full cream milk and have with cereal, in milky drinks, use to make porridge, sauces, custard, rice puddings and soups.
Cheddar cheese	Small matchbox size chunk (30g)	125kcal 8g protein	Have with crackers, grate on pasta, potatoes and vegetables.
Cream cheese	1 tablespoon (15g)	66kcal 0.5g protein	Have with crackers, on pasta, potatoes and vegetables.
Egg	1	72kcal 7g protein	Have boiled, scrambled, fried or poached as a snack on toast, add to salad, pasta, custard, milk puddings or mashed potato.

Egg white powder	2 teaspoons (10g)	37kcal 8g protein	Whisk gently into a small amount of fluid. Add to make porridge, sauces, custard, rice puddings and soups.
Greek style / plain yoghurt full fat / fat free	150g pot	200kcal / 81kcal 9g / 15g protein	Have with fruit, cereal, porridge or add to sauces.

Non-Dairy Alternatives to Milk and Milk Products

Food boosters	Portion	Approx energy (kcal) and protein (g) provided	Ideas to use in food and drinks to increase protein and calories
Soya Greek style yoghurt	100g	52kcal 6g protein	Have with fruit, cereal, porridge or add to sauces
Plain coconut yoghurt	100g	125kcal 1g protein	Have with fruit, cereal, porridge or add to sauces
Oat yoghurt	100g	84kcal 2g protein	Have with fruit, cereal, porridge or add to sauces
Coconut milk powder	1 tablespoon (15g)	104kcal 1g protein	Have with cereal, in drinks, use to make porridge, sauces, custard, rice puddings and soups.



Vegetables			
Food boosters	Portion	Approx energy (kcal) and protein (g) provided	Ideas to use in food and drinks to increase protein and calories
Avocado	Half	158kcal 2g protein	Have in sandwiches, on toast, with salad, blend in smoothies or dips
Hummus	3 heaped tablespoons (50g)	113kcal 4g protein	Have with crackers, vegetable sticks, in a sandwich
Tinned ready to eat baked beans, lentils, kidney beans, mixed beans	½ tin (200g)	82kcal 5g protein	Have on toast as a light meal or add to soups, stews or casseroles or curries

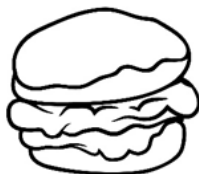
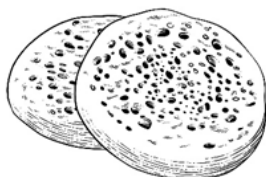
Nuts and seeds			
Food boosters	Portion	Approx energy (kcal) and protein (g) provided	Ideas to use in food and drinks to increase protein and calories
Unsalted Nuts e.g. almonds, cashews, hazelnuts, peanuts, pistachios, walnuts	1 small handful (30g)	196kcal 7g protein	Have as a snack, add to salads, sprinkle on stir-fry, desserts, yoghurt, porridge.
Nut butter e.g. peanut butter, no added salt or sugar	1 tablespoon (15g)	91kcal 4g protein	Have as a snack with apple slices or banana, on toast, in a sandwich or stir in curry.
Ground nuts e.g. peanuts or almonds	1 tablespoon (15g)	90kcal 3g protein	Add into soups, stews, curries, sauces and porridge.
Mixed seeds	1 heaped tablespoon (25g)	140kcal 7g protein	Add to cereal, porridge, salads and smoothies.

Snack ideas

Whatever snack you choose, try to add as much nutrition to it as possible. Consider adding nut butter, whole milk, butter, jams, seeds, or cheese.

Sweet snacks		
Snack	Portion	Approx energy (kcal) and protein (g) provided
Fruit loaf with butter	1 slice with 10g butter	160kcal 2.5g protein
Fruit and nut bar	45g (1 bar)	230kcal 10g protein
Raw fruit snack bar	35g (1 bar)	150kcal 4g protein
Instant whip made with whole milk	¼ of 1 sachet prepared with 300ml whole milk	120kcal 3.5g protein
High protein whole milk yogurt squeeze pack	110g pouch	150kcal 20g protein
Protein balls, homemade (see recipe below) or pre-made	40g (4 balls)	125-150kcal 4-7g protein
Protein bar	45g (1 bar)	175kcal 15g protein
Cereal and milk	30g cereal with 125ml whole milk	130kcal 4g protein
Oat flapjack	50g (1 square)	227kcal 9g protein
Luxury chocolate or fruit mousse	100g (1 pot)	280kcal 6g protein
Luxury fruit scone with butter and jam	1 scone with 10g butter	300kcal 7g protein
Tinned fruit with condensed milk	100g drained with 50g condensed milk	200kcal 4g protein

Savoury snacks		
Snack	Portion	Approx energy (kcal) and protein (g) provided
Crumpet with butter	1 crumpet with 10g butter	177kcal 3.5g protein
Mixed nuts	30g (small handful)	180kcal 7g protein
Boiled egg	1 large egg	72kcal 7g protein
Mini naan with houmous	1 mini naan bread with 50g houmous	250kcal 7g protein
Samosas, bhajis, pakoras or spring rolls	2 medium	200kcal 5g protein
Cheese and crackers	2 crackers with 30g hard cheese	190kcal 8.5g protein
Cheese snacks	20g (1 pack)	120kcal 7.5g protein
Fresh olives	60g (1 snack pot)	100kcal 0.5g protein
Peanut butter on toast	1 medium slice bread with 1tbsp peanut butter	200kcal 12g protein
Cup soup made with hot milk	1 sachet with 230mls whole milk	220kcal 89g protein
Luxury cheese scone with butter	1 scone with 10g butter	300kcal 8.5g protein
Cheese twists	2 twists	240kcal 6g protein



Drink ideas

You can boost most drinks by making them with whole milk (or fortified oat milk) and through adding nut butter, seeds, sugar, syrups, or skimmed milk powder.

Drinks		
Drink	Portions	Approx energy (kcal) and protein (g) provided
Fortified milkshake (see recipe below)	200ml	300kcal 8.5g protein
Fortified smoothie (see recipe below)	200ml	300kcal 5.5g protein
Mango lassi	250ml	225kcal 6g protein
Whole milk latte	200ml	130kcal 7g protein
Barista style oat milk	200ml	120kcal 2g protein
Canned bubble milk tea	350ml	150kcal 1.5g protein
Hot chocolate with whole milk and marshmallows	200ml whole milk with 18g chocolate powder and 12g marshmallows	240kcal 8g protein
Nurishment	200g (1/2 can)	200kcal 10g protein
Pre-made smoothie	300ml	160kcal 2g protein
Pre-made protein shake	330ml	200kcal 24g protein
Malted milk drink	200ml whole milk with 25g powder	220kcal 9.5g protein
Over-the-counter supplement drinks	200ml bottle/ 200ml whole milk with 4 tablespoons powder	170/250kcal 20g/9g protein

Nourishing recipe ideas

Fortified milkshake (300kcal, 8.5g protein)

- ¼ pint whole milk (or fortified oat milk)
- 1 heaped tbsp dried milk powder
- 25ml double cream
- 25ml milkshake syrup OR 2 heaped teaspoons milkshake powder
- 1 scoop vanilla ice cream

1. Mix skimmed milk powder and milk into a paste by whisking in a jug.
2. Add the double cream and syrup/powder and mix well
3. Enjoy!

*You could also use a blender and mix whole milk, milk powder, double cream and 150g fresh or frozen berries.

Fortified smoothie (vegan) (300kcal, 5.5g protein)

- 1 frozen banana
- 1tbsp chia seeds
- ¼ pint fortified oat milk
- 150g frozen berries

Place all the items in a blender and blitz until smooth.

Chocolate orange energy balls (vegan)

Makes 12 (150kcal, 4.5g protein per ball)

- 100g pitted dates
 - 100g pecan nuts
 - 50g mixed seeds (e.g., pumpkin, flaxseed, sunflower)
 - 50g porridge oats
 - 4 tablespoons cocoa powder
 - 3 tablespoons almond butter
 - 1 orange, juiced and zested
1. Blitz all the ingredients in a food processor with 3-4tbsp of orange juice until the mixture begins to clump together.
 2. Roll the mixture into 12 small balls and store in a lidded container in the fridge for up to two weeks.

If you need more detailed advice or if you are following a special diet that makes it difficult to make these changes, please discuss with your dietitian. If you have been advised to have thickened fluids or a modified diet by a speech and language therapist, please continue to follow this advice.

Contact Royal Papworth Hospital dietitians: 01223 639372

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