



Royal Papworth Hospital
NHS Foundation Trust

Enriching your diet

For patients with
pulmonary hypertension

Food fortification advice for patients with pulmonary hypertension

If you have lost weight, are continuing to lose weight or are struggling to eat, you should contact your GP for further advice.

This leaflet is designed to give you some tips on how to enrich your current diet and maintain your weight.

If your appetite is poor:

- Try to eat smaller portions more regularly. Try having six small meals a day rather than the usual three meals.
- Avoid soup as a starter as this may make you feel too full for your main course.
- Have a starter and a pudding if a main meal is too much.
- Snack on small quantities of food rather than a main meal.
- Have foods you can grab from the fridge when cooking is difficult and you are tired, eg trifle or rice pudding pots, cubes of cheese, chocolate bars, yoghurts or cake bars.
- Avoid drinking at the same time as eating - drinks can fill you up. Try to spread your drinks out throughout the day.

What about fluid restrictions?

- If you are on a fluid restriction, try to use milk as the main source of your fluid rather than just tea and coffee.
- Make coffee or tea with half warm milk and half water or add cream.
- Adding sugar, jam, honey, cheese and snacks to your diet will help increase your energy intake. Be aware that sauces and custards, rice puddings and jelly will count towards your fluid allowance.
- If you are on a fluid restriction please also see the 'Fluid and salt advice - A patient's guide' leaflet.

If you are trying to gain weight the following foods may help:

Milk and cream

Avoid using low fat milk while appetite is poor or you are trying to gain weight. Choose full fat varieties.

1. Have milky drinks throughout the day such as malted drinks, coffee and drinking chocolate. These can be made up with milk heated in the microwave (rather than just water) which increases the energy content. Drinking milk on its own is also just as good. Substitute some cups of tea or coffee with a glass of milk, if you are on a fluid restriction, or make drinks with all milk or half milk and water.
2. Enrich the milk you are drinking by adding four tablespoons (4 x 15g) of milk powder to a pint of full fat milk. Mix in the milk powder and keep this pint of milk for use in drinks, puddings, cereals throughout the day. Milk powder is available from most supermarkets and may be marketed as Marvel or as a supermarket's own brand skimmed milk powder.
3. Flavourings can be added to milk eg Nesquik®, Crusha syrup, supermarket's own brand powders or syrups to make milk shakes.
4. Add milk or evaporated milk to desserts and puddings eg milk jellies, instant desserts, custards, rice pudding.
5. Milk can be used instead of water to make up packet or condensed soup.

Cheese

Cheese can be a useful addition to meals for both protein and energy. Try experimenting with different strengths of cheese and some soft/cream cheeses added to potatoes or mixed into foods that are soft.

1. Sprinkle grated cheese on to vegetables, potatoes, soups, baked beans or spaghetti or add grated cheese to omelettes, scrambled eggs and quiches.

2. Cheese and biscuits or just cheese cubes/pieces on their own are useful snacks.
3. Cheese sauce can be poured over vegetables, meat, fish and pasta dishes. Extra cheese can be added to sandwiches, pizza toppings and toasted sandwiches.

Nuts and pulses

1. Lentils, peas and beans are useful additions to soups, casseroles and stews.
2. Peanut butter has a high protein and calorie content. Use on crackers, on toast, in sandwiches or added to meals.
3. Nuts are concentrated source of energy and good for snacks. (Take care to avoid salted nuts if you are on a fluid restriction).

Butter and margarine

1. Use margarine or butter rather than a low fat spread and add to vegetables and mashed potato.
2. Liberally spread butter or margarine on to bread, crackers, fruit loaf, scones etc.
3. Try butter with added flavours, such as garlic, if food tastes bland. Be cautious and choose unsalted butter if you are on a fluid restriction.

Sugar and sugary foods

1. Use sugar in hot and cold drinks, on cereals and desserts.
2. Chocolates and other confectionery are useful snacks in between meals as long as they do not stop you eating some of your meals.
3. Jam, marmalade, honey and other sweet spreads can be liberally spread on to bread, toast and biscuits.
4. Adding jam, syrup or honey to porridge or milk puddings can boost the energy content.

If you are diabetic and increase your energy and sugar intake you may need a review by your GP, especially if you are on insulin or any other medication for your diabetes.

Snacks and desserts

Try to have at least one snack or dessert a day. *Examples might be:*

- Ice cream with fruit pie.
- Full fat yoghurt or Greek style yoghurts (not low fat).
- Individual size pots of rice pudding, custard and trifles - these can be prepared and kept in the fridge or shop-bought ready-made.
- Sponge or fruit pie with custard. Add enriched milk when making custard from a packet or add cream to the dessert.
- Milk jelly and ice cream.
- Fresh/tinned fruit (in syrup) and double cream.
- Gateaux or flan and cream.
- Mousse or crème caramel.
- Cheese and biscuits.
- Biscuits and a glass of fortified milk.
- Scone, butter and jam.
- Piece of cake/cake bars.
- Sweets or chocolate.

Are there supplements available?

- Supplements to help maintain and aid weight gain are available from some supermarkets and most pharmacies. The most common are Complan® or Build-Up® which can come as milkshakes or soups.
- Cheese or cream can be added to Build-Up® soups. Ice cream or cream can be added to milkshakes.
- These supplements are designed to be taken in addition to food and not to replace meals as they do not contain all vitamins and minerals.
- There are also nutritional supplements available on prescription through your GP.

Please discuss starting any nutritional supplement drinks or soups with your hospital doctor or GP. If you find your weight is not improving or is still dropping after following this advice please contact your GP for more support.

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