

First line nutrition support dietary advice

A guide for patients
referred to the dietetic
telephone clinic

You have been given this leaflet because you have been referred to our dietetic outpatient telephone clinic.

It was highlighted during your outpatient attendance that you may be at risk of malnutrition. If you have lost your appetite, are losing weight or are underweight, it is important to make every mouthful count.

The dietetic assistant will telephone you at the next dietetic telephone clinic which runs once a week on Thursday mornings 09:00 - 13:00.

If you are not available or you would like us to contact you on an alternative number, please telephone the nutrition and dietetic department on:
01223 639372

Alternatively, you can email:
inpapworth.dietitians@nhs.net

We will ask about the meals, food and drinks you are currently managing. We will also review whether your GP has prescribed oral nutritional supplements, and if so,

whether you are able to take them. You may be given further dietary advice on the telephone and then follow this up in writing.

The dietetic assistant may want to refer you to see a community dietitian following our consultation, but we will discuss this with you first.

Eating well with a small appetite

If your appetite is poor, some simple changes can help you get what you need from the food that you are able to 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.

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

Try to continue to eat regularly as you need to eat to stimulate your appetite.

If you are too full to manage a dessert or pudding, then have this as your between meal snack.

Eating in the company of others can make meals more enjoyable.

It is important to drink plenty of fluid but try to ensure these drinks are as nourishing as possible and avoid drinking large amounts of fluid before eating.

If you are suffering with constipation, contact your pharmacist or GP for advice on laxatives as ensuring regular bowel movement may help improve your appetite.

How to boost your calorie and protein intake



Milk, milk products, eggs, and oil			
Food boosters	Portion	Approx energy (kcal) and protein (g) provided	Ideas to use in food and drinks to increase protein and calories
Cream, olive, rapeseed, or groundnut oil	One tablespoon	70-120kcal 0-0.5g protein	Add while cooking, to salads, soups, sauces, mashed potato, and vegetables.
Butter, olive oil or rapeseed oil spread	Two teaspoons (10g)	75-105kcal 0g protein	Spread on toast, scones, malt loaf, crackers, add to mashed potatoes, vegetables. Use to make homemade cakes and flapjacks.
Dried skimmed milk powder	One 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.

A patient's guide

Cheddar cheese	Small matchbox size chunk (30g)	125kcal 8g protein	Have with crackers, grate on pasta, potatoes, and vegetables.
Cream cheese	One tablespoon (15g)	66kcal 0.5g protein	Have with crackers, on pasta, potatoes, and vegetables.
Egg	One	72kcal 7g protein	Have boiled, scrambled, fried or poached as a snack on toast, add to salad, pasta, custard, milk puddings or mashed potatoes.
Egg white powder	Two 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	200/81kcal 9/15g protein	Have with fruit, cereal, porridge or add to sauces.

How to boost your calorie and protein intake continued



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	One 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	113kcal 4g protein	Have with crackers, vegetable sticks, in a sandwich.
Hummus	Three heaped tablespoons (50g)	125kcal 1g protein	Have with fruit, cereal, porridge or add to sauces.
Tinned ready to eat baked beans, lentils, kidney beans, mixed beans	Half a tin (200g)	82kcal 5g protein	Have on toast as a light meal or add to soups, stews or casseroles or curries.

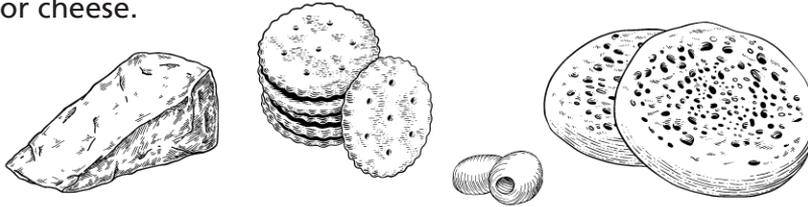
How to boost your calorie and protein intake continued



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	One 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	100g	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	One tablespoon (15g)	90kcal 3g protein	Add into soups, stews, curries, sauces and porridge.
Mixed seeds	One 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, whole butter, jams, seeds, or cheese.



Sweet snacks		
Snack	Suggested portion	Approx calories and protein
Fruit loaf with butter	One slice with 10g butter	160kcal 2.5g protein
Fruit and nut bar	45g (one bar)	230kcal 10g protein
Raw fruit snack bar	35g (one bar)	150kcal 4g protein
Powdered dessert made with whole milk	Quarter of one sachet prepared with 300ml whole milk	120kcal 3.5g protein
High protein whole milk yogurt squeeze pack	110g pouch	150kcal 20g protein
Protein balls, home-made or pre-made	40g (4 balls)	125kcal 7g protein
Protein bar	45g (one bar)	175kcal 15g protein
Cereal and milk	30g cereal with 125ml whole milk	130kcal 4g protein
Oat flapjack	50g (one square)	227kcal 9g protein
Luxury chocolate or fruit mousse	100g (one pot)	280kcal 6g protein
Luxury fruit scone with butter and jam	One scone with 10g butter	300kcal 7g protein

Snack ideas continued

Savoury snacks		
Snack	Suggested portion	Approx calories and protein
Tinned fruit with condensed milk	100g drained with 50g condensed milk	200kcal 4g protein
Crumpet with butter	One crumpet with 10g butter	177kcal 3.5g protein
Mixed nuts	30g (small handful)	180kcal 7g protein
Boiled egg	One	80kcal 6g protein
Mini naan with hummus	One mini naan bread with 50g hummus	250kcal 7g protein
Samosas, bhajis, pakoras or spring rolls	Two medium	200kcal 5g protein
Cheese and crackers	Two crackers with 30g hard cheese	190kcal 8.5g protein
Cheese snack bites	20g (one pack)	120kcal 7.5g protein
Fresh olives	60g (one snack pot)	100kcal 0.5g protein
Peanut butter on toast	One medium slice bread with one tablespoon of peanut butter	200kcal 12g protein
Cup soup made with hot milk	One sachet with 230ml whole milk	220kcal 89g protein
Luxury cheese scone with butter	One scone with 10g butter	300kcal 8.5g protein
Cheese twists	Two twists	240kcal 6g protein

Drinks 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	Suggested portion	Approx calories and protein
Fortified milkshake (see recipe overleaf)	200ml	300kcal 8.5g protein
Fortified smoothie (see recipe overleaf)	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
Nutritionally enriched milk drink	200g (half a 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 OR 200ml whole milk with four tbsps powder	170kcal 20g protein OR 250kcal 9g protein

Recipes

Fortified milkshake

(300kcal, 8.5g protein)

- ¼ pint (142ml) whole milk (or fortified oat milk)
- One heaped tbsp dried milk powder
- 25ml double cream
- 25ml milkshake syrup OR two heaped tsps of milkshake powder
- One 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 (VG)

(300kcal, 5.5g protein)

- One frozen banana
- One tbsp chia seeds
- ¼ pint (142ml) fortified oat milk
- 150g frozen berries

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

These drinks, snacks and tips are suitable for diabetic patients. Monitor your blood sugar levels regularly and if they increase significantly contact your GP for further advice.

Nutritional supplement drinks

Following your telephone clinic appointment a letter may be sent to your GP to get a prescription for nutritional supplement drinks, this will be discussed with you first.

- These are milkshake drinks with added vitamins and minerals.
- They are available in a variety of flavours.
- They should be taken between meals rather than instead of meals.
- You can add milk or ice-cream to the milk-based supplements if you prefer.

If the drinks we offer are not suitable then please contact your GP as there may be other options available.

Royal Papworth Hospital NHS Foundation Trust

A member of Cambridge University Health Partners



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View a digital version of this leaflet by scanning the QR code.



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