

Improving your food intake when you have a poor appetite.

If you are unable to handle a full meal, eat little and often. Aim for three small meals and include nourishing snacks between meals and at bedtime if possible.

It is beneficial to try and have one pint of milk (ideally full fat) per day. You can use this to make milkshakes, smoothies, milky coffee or hot chocolate. If you do not like milk, other nutritious drinks such as full sugar squash, fresh fruit juice, and fruit smoothies are good alternatives.

**Sample Menu**

**Breakfast**

Cereal with enriched milk and sugar and bread/toast with butter/margarine and jam or egg

**Or** cooked breakfast  
Glass of fruit juice

**Mid-morning snack**

Glass of enriched milk/nourishing drink  
**Or** a snack eg cake, sausage roll

**Meal**

Creamy soup with bread and butter, sandwich with meat, fish, cheese or egg

**Or** toast with baked beans, egg, pate or fish  
Dessert

**Mid afternoon snack**

As mid morning

**Meal**

Meat, fish, cheese or egg  
Potatoes, rice, pasta or chapatti  
Vegetables or salad with dressing or mayonnaise  
Dessert

**Bedtime snack**

Milky drink (made with enriched milk) and snack eg toast or bowl cereal

**Ideas to make foods more nourishing**

Soups	Add milk Cream Croutons Grated cheese
Vegetables and salads	Add butter, White sauce Grated cheese Mayonnaise Salad dressings
Desserts	Add custard Cream Evaporated milk Ice cream Honey, Jam, Syrup Sugar
Enriched Milk	To one pint of full fat milk add two tablespoons dried milk powder and use on cereals, drinks and cooking
Sandwiches	Spread fillings thickly, use mayonnaise with egg or tuna or cheese
<b>Always buy full fat products</b>	

It is best to have your main meal at a time that you are feeling best and fits into your normal routine