

# **PATIENT INFORMATION**

## **Eating for Extra Energy**



You may not feel like eating much at the moment, but it is important to provide your body with enough energy, protein, vitamins and minerals.

Here are some guidelines to help you

- Eat small, frequent meals every 2-3 hours.
- Drink nourishing fluids e.g. milky drinks.
- Eat what you fancy when you are hungry.

There are no foods that you must eat, but the following foods are useful sources of protein and energy. They can be eaten as they are, or added to other foods to help keep your meals and snacks small but full of goodness.

### **Milk**

- Use full cream milk/pasteurised milk as it is much higher in energy.
- Make fortified milk by adding 3-4 tablespoons of milk powder to a pint of full cream/pasteurised milk. Use fortified milk instead of your usual milk.
- Use the fortified milk to make packet soup, condensed soup and instant 'cuppa soups'.
- Use fortified or evaporated milk to make jelly and instant desserts.
- Add 1 tablespoon of milk powder to each portion of tinned soup, milk pudding, custard or macaroni cheese.
- Add evaporated or condensed milk to tea, coffee, fresh or tinned fruit, fruit pies and puddings.
- Try cartons or bottles of ready made milkshakes.

## **Breakfast cereal**

- These make a good snack at any time of the day or night. Use with fortified milk.
- Try cereal with warm fortified milk.
- Make porridge with fortified milk, or stir in some cream or evaporated milk.
- Add cream, sugar, syrup or treacle to cereal.

## **Soups**

- Try adding minced or liquidised meat to meaty soups like chicken or oxtail.
- Sprinkle vegetable soups with grated cheese, croutons or parmesan cheese before serving.
- Add a large swirl of cream.

## **Meat**

- Add cream to casseroles / stews.
- Slice or mince meat and add meaty juices to make gravy.
- Try minced turkey, pork, lamb or corned beef.
- If meat tastes bitter, try experimenting with herbs, spices, marinades or sauces.
- Have sauces made with fortified milk, cream or gravy made with meat juices.

## **Fish**

- Try flaking fish with parsley, cream or cheese sauce made with fortified milk.
- Tinned tuna, salmon and sardines are tasty – why not try them instead of white fish.
- Fried fish is high in energy.
- Mix mayonnaise with fish (e.g. tuna, salmon) and eat in sandwiches or in a jacket potato.

## **Cheese**

- Add grated cheese to baked beans, eggs, soup and sauces or mix with mashed potato.
- Cheese and crackers or cheese and fruit cake / malt loaf make a good snack.
- Full fat cream cheese makes good sandwiches or with crackers.
- Try spreading full fat cream cheese on bagels, scones, carrot and ginger cake, to make them moister and a little less sweet.

## **Eggs**

- Try scrambled (with cheese), poached, omelette, fried, eggy bread, boiled or as a sandwich filling with mayonnaise.
- Egg custard and egg soufflé made with fortified milk are very nutritious.

## **Nuts**

- Nuts are a good high protein snack, try having a selection of nuts, crisps and other snacks to nibble on.
- Peanut butter makes a good sandwich filling.

## **Cream**

- Add cream to stewed, tinned or fresh fruit or to any kind of pudding you fancy.
- Add to soups, sauces, breakfast cereals and coffee.
- Try adding whipped cream to tinned fruit and ice cream and liquidise to make a fruit dessert.

## **Pudding ideas**

- Tinned milk puddings with jam, syrup, treacle

- Tinned sponge puddings with custard
- Fruit crumble or fruit pie with custard, cream, ice cream or evaporated milk
- A slice of your favourite cake with cream, custard, ice cream or evaporated milk
- Ready to eat pots of mousse, trifle, cheesecake, crème caramel
- Thick and creamy yoghurts, fromage frais and custard style puddings
- Tinned fruit in syrup or fresh fruit with custard, cream, ice cream or evaporated milk
- Make custard with fortified milk.
- Have a pudding 1-2 hours after your meal if you are too full after your main course.

## **Yoghurt and fromage frais**

- Thick and creamy, Greek and whole milk are best.
- Yoghurt mixed with milk and sweetened with sugar or honey is a refreshing drink.

## **Dips**

- Sour cream dips are a high energy snack, try with crisps / bread sticks.
- Full fat cream cheese makes a good dip with crisps / breadsticks.

## **Drinks**

- Any kind of milk based drink is very nourishing e.g. milkshake, hot chocolate, milky coffee, yoghurt drinks.
- Pure fruit juices and vitamin C enhanced squashes are useful – try diluting them with lemonade (full sugar).

## **Nutritional supplements**

- These are available on prescription for certain conditions. Your dietitian will advise if these are appropriate for you.

### **Suggestions for snacks and easy meals**

- Chilled or frozen supermarket meals e.g. shepherds pie, fish pie, lasagna
- Omelettes or scrambled eggs with toast, cheese or chopped ham
- Macaroni or cauliflower cheese
- Tinned stews, hotpots or chicken in cream sauce with bread or potatoes
- Jacket potatoes with lots of butter and a filling e.g. baked beans, cheese, coleslaw, tuna mayonnaise
- Tinned beans and sausage, ravioli or spaghetti with grated cheese and bread
- Meat pies or pork pies with bread and butter
- Cheese and biscuits
- Toasted muffins, crumpets, pikelets, pancakes or teacakes with lots of butter or margarine and jam, honey or syrup.

## **Meal Plan**

### **Breakfast**

Fruit juice or stewed fruit  
Porridge / cereal with full cream milk  
And sugar / toast with butter  
Cooked breakfast e.g. eggs / beans / bacon

### **Mid morning**

Milky drink with biscuits, cakes, fruit cake, scone

### **Main meal**

Meat / fish with sauce or gravy  
Potatoes / rice / pasta  
Vegetables

Tinned fruit with cream / sponge and custard

### **Mid afternoon**

Milky drink with teacake / crumpet / cake with butter

### **Snack meal**

Sandwiches or egg / cheeses on toast / jacket potato with filling  
Thick and creamy yoghurt / pot of mousse or trifle

### **Supper**

Milky drink with biscuits

**During your contact with us, it is important that you are happy with your care and treatment. Please speak to a member of staff and/or the Therapy Manager/Deputy Therapy Manager on 01704 704147 if you have any questions or concerns. If no-one is available, a message can be left on the answerphone and your call will be returned.**

## **INFECTION CONTROL REQUEST**

Preventing infections is a crucial part of our patients' care. To ensure that our standards remain high our staff have regular infection prevention and control training and their practice is monitored in the workplace. We ask patients and visitors to assist us in preventing infections by cleaning their hands at regular intervals and informing staff of areas within the hospital that appear soiled.

As a patient there may be times that you are unsure whether a staff member has cleaned their hands; if in doubt please ask the staff member and they will be only too happy to put your mind at ease by cleaning their hands so that you can see them.

## **SPECIAL INSTRUCTIONS**

### **ANY CONDITION SPECIFIC DANGER SIGNALS TO LOOK OUT FOR:**

### **CONTACT INFORMATION IF YOU ARE WORRIED ABOUT YOUR CONDITION**

Your own GP –  
Dietitian –

### **OTHER USEFUL TELEPHONE NUMBERS/CONTACTS:**

NHS111  
Stop Smoking Helpline (Sefton) - 0300 100 1000  
Stop Smoking Helpline (West Lancashire) - 0800 328 6297



**Please call 01704 704714 if you need  
this leaflet in an alternative format**

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at Southport and Ormskirk Hospital NHS Trust.  
Please access the Friends and Family Test at the following  
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**Thank you**