

Adapted from the Oral Nutritional Supplement (Sip Feed) Guidelines for Adults by the County Health Partnerships' Dietetics Service, working with 3 GP Practices in Newark and Sherwood and CHP Clinical Director for Newark and Sherwood.

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यह दस्तावेज़ अनुरोध किए जाने पर अन्य भाषाओं और प्रारूपों में उपलब्ध है।

ਇਹ ਦਸਤਾਵੇਜ਼ ਬੇਨਤੀ ਕੀਤੇ ਜਾਣ ਤੇ ਹੋਰ ਭਾਸ਼ਾਵਾਂ ਅਤੇ ਰੂਪਾਂ ਵਿੱਚ ਉਪਲਬਧ ਹੈ।

در صورت درخواست این سند به زبانها و شکلهای در اختیار شما قرار می گیرد.

یہ دستاویز دیگر زبانوں اور مطلوبہ شکلوں (فارمیٹ) میں بھی دستیاب ہے

هذه الوثيقة متاحة بلغات أخرى وباشكال غير الكتابة المقروءة وذلك عند الطلب

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Nutritional Support for patients who are losing too much weight

A self help guide for patients and carers



positive
about community services

Who this guide is for

Many people with long term illness tend to lose weight over time and this weight loss can become too much and possibly dangerous. Rapid weight loss can sometimes also occur with severe acute illness, such as after major and complicated surgery.

There are no magic secrets about how to help people who are losing too much weight. They need to eat more and they need to eat foods which are richer in nutrients – what we often think of as fattening.

This guide is NOT for people with more complex needs who are under the care of a Specialist Dietitian.

Most people who are losing too much weight can safely use this guide and if these basic ideas are followed – eating more and eating more nutritious foods – they should be able to greatly help their problem.

Thinking differently about food

The choice of food must be based on eating items that are rich in calories. A general rule is foods with a high fat content can be more nourishing with starchy and sugary foods also providing calories.

People often struggle with this idea.

We hope you have found this guide useful.

You may also find the following website useful - www.eatwellnotts.nhs.uk. It contains a section on advice for people who need to gain weight.

If you need more information, please contact your General Practice or the Health Professional who gave you this leaflet.

Your General Practice details:

Snack Ideas

- Crisps, nuts or dried fruit.
- Crackers with cheese or dips with breadsticks or vegetable sticks.
- Sausage rolls, bhajis or samosas.
- Naan bread.
- Toast, crumpets, bagels or teacakes with butter, peanut butter or cream cheese.
- Breakfast cereals with fortified milk (good at any time) or cereal bars.
- Chocolate or shortbread biscuits.
- Ice creams - try chocolate bar ones for extra calories.
- Cream or fruit cakes, muffins, doughnuts, scones with cream and jam.
- Sweet or toffee flavoured popcorn.

Drinks

- Milky tea or coffee made using fortified milk, and sugar
- Fruit juice/Smoothies/Fruit squash
- Milky drinks e.g. full cream or fortified milk, flavoured milk drinks (strawberry, chocolate, or banana milk), hot chocolate, Horlicks®, Ovaltine®, Complan®, or Build-Up® milkshakes

We are always hearing about problems with obesity and people who are too heavy. Many people are used to avoiding fattening foods when shopping to try to control their weight. We are also told too much fatty food may be bad for us.

But for people who are losing weight because of illness our shopping and food choices need to be the exact opposite of the many people trying to avoid getting too fat.

As a guide anyone trying to lose weight would feel guilty eating a particular item (e.g. a cream cake or large plate of fish and chips) but it's something that can be eaten if weight LOSS is the problem.

If your appetite is poor then tackling large meals can be difficult. Try eating smaller but more frequent amounts with snacking, and remember to choose items rich in Calories.



Progress and Recovery

This advice and the recipes which follow should help your weight to steady and hopefully help you to regain some of the weight you have lost.

The people who gave you this guide (GP surgery, nurse, hospital or Dietitian) will want to check how you are doing and consider if any further help is needed. This is what is known as a “food first” approach. Where possible weight loss should be helped by changing how we eat but still using natural foods and enjoying meals and snacks with others in a normal way.

Supplements and Sip Feeds

If these changes to the food you eat do not entirely solve the problem extra things can be tried. As mentioned later, there are rich milky drinks that can be bought (e.g. Complan®) or you may be prescribed sip feeds.

Sip feeds are cartons or bottles of concentrated food products. They can be used where changing your diet alone hasn't done enough. Most sip feeds have about 150 calories per 100ml, so a 200ml carton will give you 300 calories. In comparison 100G of cheese has about 400 calories and 100G of chocolate has about 500 calories. **So remember to still follow the advice on eating as well as using the sip feeds between meals.** The table shows how sip feeds compare with some food items you want to try.



- Omelette (such as cheese and tomato, or ham and mushroom) with buttered bread.
- Macaroni cheese with extra cheese and sliced tomato.
- Jacket potato with lots of butter and fillings such as baked beans, tuna mayonnaise and sweetcorn, or cheesy coleslaw.

Puddings

- Individual chilled desserts such as thick and creamy yoghurts, fromage frais, trifles, cheesecakes or mousses.
- Tinned fruit in syrup with evaporated milk, cream or ice cream.
- Fruit crumble with cream, custard or ice cream.
- Tinned or home made rice pudding.
- Sponge or tart with custard.
- Gateau with cream.

Meal Ideas

Breakfast

- Porridge or other breakfast cereal with fortified milk and sugar and a glass of fruit juice.
- Cereal with full fat yoghurt and fresh or dried fruit.
- Toast, crumpets, croissants or bagel with extra butter, jam, marmalade, honey, lemon curd, chocolate spread, peanut butter, or spreading cheese, and a glass of fruit juice.
- Scrambled egg, fried bacon and tomato with buttered toast.
- Boiled, scrambled or poached egg with buttered toast and a glass of fruit juice.

Light Meals

- Soup with a buttered bread roll. Make up condensed or packet soup with full cream milk, or add a swirl of cream or grated cheese to home made or tinned soup.
- Sandwiches or toasties filled with cheese, egg, meat or tinned fish with added mayonnaise, or salad cream, and salad (such as tomato, cucumber, beetroot or lettuce).
- Baked beans or tinned ravioli on buttered toast topped with grated cheese.

2 fried eggs	200 cal	Peanuts 50G	310 cal
Danish pastry	280 cal	2 pack crisps	400 cal
2 slice buttered toast	300 cal	Jacket potato with cheese	350 cal
Sip feed	300 cal	Big Mac	490 cal

The following pages have been adapted from the original published by the Nottinghamshire Area Prescribing Committee. The original wording has been left

Little and Often

If you have lost weight unintentionally or have a small appetite it is important that what you do eat is as nourishing as possible. You will need to eat a variety of foods, choosing higher calorie options whenever you can.

This information will give you ideas for food and drinks to have when your appetite is small and suggest ways to increase the amount of nourishment in your meals.

Include the following each day;

- Meat, chicken, fish, eggs, cheese, yoghurt, nuts, lentils or beans twice a day
- Fruit, vegetables or fruit juice at each meal
- Use one pint of full cream milk each day or ½ pint of fortified milk (see recipe on following page)
- 8 cups of fluid

Adding extra nourishment to your food

- **Fortified milk: mix 2 tablespoons of milk powder into half a pint of full cream milk.**
Use this fortified milk in place of ordinary milk or water to make up coffee, packet soup, condensed soup, sauces, mousses, milk puddings, porridge and other breakfast cereals.
- **Breakfast Cereals: add one or more of the following:**
Fortified or evaporated milk, cream, thick and creamy yoghurt, fresh or dried fruit, nuts, syrup, honey or sugar.
- **Soups and Sauces: add one or more of the following:**
Grated or cream cheese, cream, milk powder, fortified or evaporated milk, crème fraîche, thick and creamy yoghurt, fried onions, margarine, butter, croutons, lentils or pasta.
- **Potatoes and Vegetables:**
Roasting potatoes and vegetables in olive, rapeseed or sunflower oil will provide more energy than boiling them.

Or add one or more of the following to potatoes or vegetables - grated cheese, cream, milk based sauces, margarine, butter, mayonnaise, salad cream or fried onions.

- **Puddings and cakes: add one or more of the following:**
Cream, evaporated milk, crème fraîche, thick and creamy yoghurt, custard, ice cream, jam, honey, syrup, treacle, chocolate or fruit sauces, dried fruit.

Using convenience foods such as frozen, chilled or packet ready meals can help if your appetite is affected by cooking smells or you are unable to stand for long periods of time.

As well as considering food, other simple measures may help to stimulate your appetite. Fresh air, gentle exercise and eating in company may be helpful.

If you have Diabetes, please ask your Dietitian, GP, Nurse or Diabetes Healthcare Team before adding extra sugar, jam, syrup, treacle, honey and chocolate or fruit sauces to foods and drinks. Please also check before having sugary, sweet snacks and drinks.