

Oral Health Message

Brush teeth and gums at bedtime and on at least one other occasion for 2 minutes daily. Use toothpaste containing at least 1450 parts per million (ppm) fluoride (see toothpaste tube for details). From 0 to 3years use a smear of toothpaste and 3years and above a pea sized amount.

Keep sugary foods and drinks to mealtimes and consume on no more than 4 occasions daily. Everyone should have regular dental check-ups (whether you have natural teeth or not) to make sure your mouth stays healthy.

Smoking and excessive alcohol consumption can effect the health of your mouth. Speak to your dentist for advice and support.

If you need help to find an NHS dentist call Fife Dental Advice Line on 01592 226555.

Your Dietitian's Details:

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Hands Up For Nutrition

A guide to eating well when you have a poor appetite or have lose weight.

Information for patients, their family and friends.



Hints and tips

- Eating little and often is the best way to increase both your calories and protein. You should aim to have **3** small meals and **3** snacks each day. This means having something nourishing to eat and/or drink **every 2 - 3 hours**.
- Avoid diet, low fat or low sugar products.
- Try to have 2 small courses at each meal. Serve meals on a small plate. It might help to have a short rest of 15 - 20 minutes between courses.
- Always have breakfast - you may find you eat better for the rest of the day.
- Choose foods which you find easy to eat e.g. soft moist foods
- Increase your intake of nutritious fluids e.g. milk, milky drinks, smoothies. Have drinks towards the end of a meal or after a meal.
- Ready-made meals - frozen, chilled or packets are all good for days when you are tired or find cooking difficult.
- Take up any offers of help with cooking and shopping from neighbours, friends or family. Make use of home delivery services for delivering shopping or meals.
- If you have dental problems or ill fitting dentures contact your dentist .

Suggested meal plans

If you continue to have poor appetite or are losing weight please contact your district nurse, practice nurse or GP.

Breakfast
Fresh fruit or fruit juice
Porridge
Toast with butter and marmalade (<i>spread thickly</i>)
Snack
Milky coffee (<i>with fortified milk with added sugar or honey</i>)
Short bread
Midday Meal
Tuna and cucumber sandwich (<i>with mayonnaise or thick butter</i>)
Banana with ice cream or greek yoghurt
Snack
Glass of fruit juice
Packet crisps
Evening Meal
Roast chicken with potatoes and fresh vegetables (<i>add butter to vegetables</i>)
Fruit salad with ice cream or custard
Snack
Hot chocolate
Slice of toast with butter and jam

Shopping list ideas

Full cream milk
Skimmed milk powder
Double cream
Evaporated milk
High calorie puddings
Thick creamy yoghurts Trifles Fruit fools Cream Cheesecakes
Sandwich filling
Egg mayonnaise Tuna Savoury cheese
Snacks
Mini rolls
Juice/drinks (not diet or no added sugar)
Milkshake drinks Fruit smoothies.
Spreads
Jam Lemon curd Honey Peanut butter Syrup Chocolate spread

Keeping up the calories

- Fortify milk by adding 4 tablespoons of milk powder to 1 pint of full cream milk.
- Use fortified milk to make milky drinks e.g. coffee, Horlicks, drinking chocolate and in cereals, porridge and puddings
- Add extra butter or margarine to vegetables and potatoes. Frying also adds extra calories.
- Be generous when spreading butter, margarine, jam and marmalade and other toppings.
- Add extra cream and/or sugar to drinks, breakfast cereals, sauces and puddings.



Supplementary drinks and nourishing drinks ideas

- **Milk shakes and smoothies** - if you have a blender mix up your own using milk, fruit and ice-cream or full fat yoghurt **OR** buy ready made varieties such as Aero, Mars, Milky Bar, Yazoo, Nesquick, Horlicks, Ovaltine, hot chocolate, cocoa or milky coffee.
- **Build Up & Complan** - are sold in chemists and supermarkets. Sweet and savoury flavours are available. Use them as a nourishing between meal snack or **occasionally** to replace a meal.
- For a refreshing fruit based drink try **Ginger Lime Fizz**:
 - 1 glass ginger beer
 - 1 small carton natural yoghurt
 - 2 tablespoons lime syrup/cordialMix lime syrup and yoghurt together. Top up with Ginger beer and serve chilled.
- **Cup a Soups** - add 1 - 2 tablespoons of milk powder to your cup a soup powder and then add hot water.



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Between meal snack ideas

If you are only managing small meals it is important to try to take frequent snacks. Here are some suggestions:

- Biscuit, cake or pastry.
- Peanuts or mixed nuts with raisins or sweet popcorn.
- Crisps or crackers with dips, spreading cheese or cream cheese.
- Chocolate bar, muffin, cupcake.
- Toast, scone or pancake with butter, cream or jam, peanut butter etc.
- Small sandwich e.g. tuna mayonnaise, or cheese.

Aim to have at least 1 pudding every day with added double cream.

- Tinned custard or rice pudding.
- Individual desserts such as trifle or mousse.
- Cake, tart or sponge pudding with custard.
- Ice cream.
- Fruit - tinned or stewed fruit with custard, evaporated milk, cream or ice cream.
- Whole milk or thick and creamy yoghurt.



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