Patient/ carer information : food as treatment – for medium risk

NHS Cambridgeshire and Peterborough NHS Foundation Trust

NHS Cambridgeshire and Peterborough Clinical Commissioning Group

You have seen a health care professional and have a **medium risk of malnutrition.**

Malnutrition can occur even when we are eating or drinking well but because of a change In life or health (such as advancing age or illness), we need to adapt how we eat to stay healthy and avoid weight loss.

Maintaining your weight and eating well is protective to your overall health , as malnutrition (when your nutritional status is compromised) can result in an impaired immune system, reduced muscle strength , increased risk of pressure sores, chest infections, fatigue, and can negatively impact on mobility, heart health ,mood and independence.

This means that for you, healthy eating will look a little different to others, and some healthy eating recommendations, such as choosing lower fat or sugar options , will no longer apply**. So, try choosing whole milk, full fat yogurts, avoid reduced fat or sugar free options such as diet drinks.** This may only be for a short while if you have a short period of illness or poor appetite or may be a long-term change if you have a chronic condition. This change in diet is therefore as an important part of **the prescribed and recommended treatment for your condition**.

In order to reduce your risk of malnutrition it is recommended that you increase the energy density of each meal you are having (using a food topper at each meal as described below) **AND** have one additional nourishing drink or snack per day (see below for suggestions) on top of what you are currently eating.

Food Toppers (INCLUDE AT EACH MEAL)		**Nourishing snacks/ drinks examples (include once per day)**
Examples	Add to	• Sausage roll (x 2 if picnic size) /scotch egg /Mini pork pie • Muffin (American style e.g. chocolate/ blueberry) • Slice of cheesecake or sponge cake • Chocolate bar (e.g. Dairy milk / crunchie/ mars bar) • Cup of tea and 2-3 biscuits or Cheese and crackers (x3) • Chocolate mousse/ crème caramel / trifle- *(try a supermarket readymade version for convenience)* • Angel delight style pudding / fruit fool/ rice pudding • Danish pastry / doughnut /Pain au chocolat • Toast with pate /cheese/ avocado • Croissant *(you could add a spoonful of jam or try with cheese and ham!)* • Milkshake/ smoothie/ malted milk drink (try using **Enriched Milk**) • cheese twists or biscuits/ bhaji / pakora/ Samosa • Crumpet and butter with marmite/ jam (x1-2) • English muffin with butter/ cheese/ avocado / peanut butter • Piece of brownie/ swiss roll / traybake / flapjack • Handful of nuts/ Bombay mix
Peanut/ almond/Nut butter (1 tbsp - 25g)	Toast / porridge/ spread on plain biscuits / add to baking e.g. brownies	
Skimmed Milk powder (Add 5 tablespoons of powder to 1 pint of whole milk)	Mix with whole Milk to make **Enriched milk** (and therefore use in cereal/ custard/ sauces/ soups/ coffee /puddings etc.	
Double cream (2 tbsps. 30mls)	Mash / porridge /angel delight/ rice pudding/ custard/ yoghurt/ soups/ sauces / fruit	
Cheddar / other cheese 30g (matchbox sized piece)	Grated on Casseroles/ pasta/ potatoes or cooked into sauce/ added to sandwich	
Avocado 80g (½ avocado)	Mashed on toast, added to sandwiches or salads	
Olive oil/ Vegetable oil/Butter/ Ghee (1 tsp per serving -5mls)	For frying instead of grilling, added to mash/ veg/ soups /main courses	
Mascarpone or cream cheese (1 tbsp- 25g)	Add to pasta / sandwiches/ potato salad/ soups / try cream cheese icing for cakes	
Mayonnaise/ salad cream/ Pesto (1 tbsp – 25g)	With salads/ vegetables, in sandwiches/ pasta	
Milkshake/ Hot choc powder (2 heaped tbsp – 25g)	(**not** sugar free or 'light') Add to **Enriched Milk** as a drink or use to flavour custard	
Custard / ice cream / whipped cream	Add a serving to puddings/ dessert / fruit	

You can use the below table to help keep track of the changes you are making. **Consistency is key in helping to promote a healthy weight.**

Week :1-4 you will need to follow this plan for at least 4-6 weeks, or longer if instructed by your health care professional		Monday				Tuesday				Wednesday				Thursday				Friday				Saturday				Sunday			
		Week 1	Week 2	Week 3	Week 4	Week 1	Week 2	Week 3	Week 4	Week 1	Week 2	Week 3	Week 4	Week 1	Week 2	Week 3	Week 4	Week 1	Week 2	Week 3	Week 4	Week 1	Week 2	Week 3	Week 4	Week 1	Week 2	Week 3	Week 4
Food Topper *(try to include at each meal or snack)*	Breakfast																												
	Lunch																												
	dinner																												
nourishing snack/drink	*(at least 1 per day)*																												

Here are some recipe ideas for nourishing snacks and drinks to get you started; ask your health care professional for more recipes like mac and cheese, lentil soup, rice pudding and more!

NOURISHING DRINKS (*Blend ingredients until smooth)*

Milkshake Plus

-140 mls (5 oz) **Enriched milk**
- 4 teaspoons milkshake powder (NOT sugar free)

Chocolate hazelnut smoothie (serves 2)

- 2 tablespoons peanut butter, smooth
- 2 tablespoons chocolate hazelnut spread
- 1 medium banana
- 100ml **Enriched milk**

Smoothie Plus

- 130mls (4 ½ oz) **Enriched milk**
- 4-5 tablespoons fruit (frozen/fresh/tinned)
- 1 tablespoon sugar or honey



NOURISHING SNACK IDEA:

Lemon Posset (makes 3 portions)

-300mls double cream -70 g caster sugar
-30 skimmed milk powder - juice of 2 lemons

1. Gently heat the cream with the milk powder until dissolved.
2. Add the sugar and bring to the simmer.
3. Boil for 3 minutes and turn off the heat.
4. Mix in the lemon juice. Pour into 3 small dessert bowls and chill. Can also be enjoyed frozen

try serving with some shortbread or ginger biscuits

Developed by	CPCCG Dietitian for Primary Care & CPFT Dept. Nutrition and dietetics
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