Cambridgeshire & Peterborough Integrated Care System

NHS Cambridgeshire & Peterborough

Patient and Carer information: Food as treatment - for High Risk

You have seen a health care professional and are at high risk of malnutrition.
Malnutrition can occur even when we are eating or drinking well but because of a change in health (such as advancing age or illness) we need to change how we eat to stay healthy and avoid weight loss. Maintaining your weight and eating well is protective to your overall health as malnutrition can result in an impaired immune system, reduced muscle strength , increased risk of pressure sores, chest infections, fatigue, and can negatively impact on mobility, mood and independence.
This means that for you, healthy eating will look a little different to others, and some previous healthy eating recommendations will no longer apply to you, such as choosing lower fat or lower sugar options**. So, try choosing whole milk, full fat yogurts, avoid reduced fat or sugar free options such as diet drinks or low-fat hummus.** 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 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 food toppers at each meal.

Examples:	
Peanut, almond, or nut butter (1 tbsp = 25grams)	Add to toast, porridge, spread on plain biscuits, add to baking e.g., brownies
Enriched milk (100ml)	Add five heaped tbsp (63grams) of powder to one pint of whole milk. (Use in cereal, custard, sauces, soups, coffee, puddings)
Double cream (2 tbsp or30ml)	Add to mash, porridge, angel delight, rice pudding, custard, yogurt, soups, sauces, fruit
Cheddar, or other cheese 30gram (matchbox sized piece)	Grated on Casseroles, pasta, potatoes or cooked into sauce, added to sandwich
Avocado 80gram (½ avocado)	Mashed on toast, added to sandwiches or salads
Olive oil, vegetable oil, butter or ghee (1 tsp per serving or 5ml)	For frying instead of grilling, added to mash, vegetables, soups, or main courses
Mascarpone or cream cheese (1 tbsp = 25grams)	Add to pasta, sandwiches, potato salad, soups, or try cream cheese icing for cakes
Mayonnaise, salad cream, pesto (1 tbsp =25grams)	Serve with salads, vegetables, in sandwiches, pasta

Milkshake or hot chocolate powder (2 tbsp = 25grams)	(**Not** sugar free or 'light') Add to **Enriched Milk** as a drink or use to flavour custard
Custard (5 tbsp), ice cream (1-2 scoops), whipped cream (2 tbsp)	Add a serving to puddings, dessert, fruit

Nourishing snacks and drinks

Include two snacks or drinks each day.

- Sausage roll (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 three crackers.
- 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 pâté, 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.
- 1 or 2 crumpets and butter with marmite, jam.
- English muffin with butter, cheese, avocado, peanut butter.
- Piece of brownie, Swiss roll, traybake, flapjack.
- Handful of nuts, Bombay mix.

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, pancakes and more!

Nourishing Snack Idea

Lemon Posset

Makes three portions.

- 300ml double cream
- 70grams caster sugar
- 30grams skimmed milk powder.
- Juice of 2 lemons

Method:

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

Try serving with some shortbread or ginger biscuits.

Nourishing Drink Ideas

Super Shake

- 200ml **enriched milk**
- 3 tbsp (45ml) double cream
- 1 scoop ice cream
- Flavouring: e.g., 1 banana, 1 handful of berries, 2 tsp milkshake flavouring

Fortified Malted Milk

- 200ml **enriched milk**
- 2 tsp Ovaltine or Horlicks powder



Chocolate hazelnut smoothie

Serves 2

- 2 tbsp smooth peanut butter
- 2 tbsp chocolate hazelnut spread.
- 1 medium banana
- 100ml **enriched milk**

Yogurt and berry smoothie

Serves 2

- 1 pot (125 grams) Greek yogurt
- 1 small banana
- Handful of berries
- 150ml **enriched milk**



Enriched Milk: This is an important part of several recipes and significantly increases protein content:

Add five tablespoons of skimmed milk powder to one pint of full fat (whole) milk.

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You can use the table below 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	*(at least 2 per day)*																												
Nourishing drink	*(at least 1 per day)*																												