

Increasing your calorie intake

You may require more calories in your diet to help promote weight gain. Here are some easy ways to add calories throughout the day and make every mouthful count.

Standard option	For extra calories add:
Porridge with whole milk 380kcal / 15g protein	1 heaped tablespoon of dried milk powder 1.5 tablespoons of double cream a small handful of dried fruit ↑ to 630kcal / 21g protein
Two scrambled eggs with whole milk 210Kcal / 16g protein	2 cubes of butter (15g) 1 heaped tablespoon of dried milk powder 2 tablespoons of cream cheese ↑ to 440kcal / 23g protein
Vegetable soup served with bread 190kcal / 9g protein	1.5 tablespoons of double cream 1 heaped tablespoon of dried milk powder thick spread of butter on bread ↑ to 400kcal / 14g protein
Shepherd's pie 420kcal / 23g protein	2 cubes of butter (15g) 1.5 tablespoons of double cream 1 tablespoon of dried milk powder ↑ to 690kcal / 28g protein
Madeira cake served with custard 270kcal / 6g protein	1.5 tablespoons of double cream 1 heaped tablespoon of dried milk powder added to whole milk and custard ↑ to 410kcal / 9g protein
Cup of tea 15kcal / 1g protein	1 teaspoon of sugar 1 teaspoon of dried milk powder 1 shortbread biscuit ↑ to 155kcal / 3g protein

Tip: Butter, cheese, double cream and dried milk powder are great for adding extra calories to almost any meal. See 'Making every mouthful count' resource for more information about fortifying your diet.

Contact us

If you have any questions or concerns about these information sheets, please contact the Lambeth and Southwark Action on Malnutrition Project on 020 30495422 (Monday to Friday, 9am to 5pm).

For more information leaflets on conditions, procedures, treatments and services offered at our hospitals, please visit www.guysandstthomas.nhs.uk/leaflets

Pharmacy Medicines Helpline

If you have any questions or concerns about your medicines, please speak to the staff caring for you or call our helpline.

t: 020 7188 8748 9am to 5pm, Monday to Friday

Patient Advice and Liaison Service (PALS)

To make comments or raise concerns about the Trust's services, please contact PALS. Ask a member of staff to direct you to the PALS office or:

t: 020 7188 8801 at St Thomas' **t:** 020 7188 8803 at Guy's **e:** pals@gstt.nhs.uk

Language Support Services

If you need an interpreter or information about your care in a different language or format, please get in touch using the following contact details.

t: 020 7188 8815 **fax:** 020 7188 5953

NHS 111

Offers medical help and advice from fully trained advisers supported by experienced nurses and paramedics. Available over the phone 24 hours a day.

t: 111

NHS Choices

Provides online information and guidance on all aspects of health and healthcare, to help you make choices about your health.

w: www.nhs.uk

Become a member of your local hospitals, and help shape our future

Membership is free and it is completely up to you how much you get involved. To become a member of our Foundation Trust, you need to be 18 years of age or over, live in Lambeth, Southwark, Lewisham, Wandsworth or Westminster or have been a patient at either hospital in the last five years. To join:

t: 0848 143 4017 **e:** members@gstt.nhs.uk **w:** www.guysandstthomas.nhs.uk