

Making every mouthful count

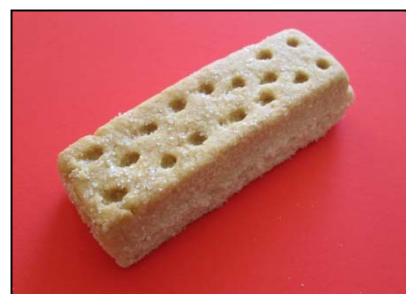
Boost the nutritional content of your food without increasing the quantity or size of your meals. By fortifying your diet you can help prevent weight loss and encourage weight gain. Once your treatment goal has been met you can return to your normal diet.

Did you know?

An extra 500 calories per day can help you gain up to 0.5kg or 1lb a week

- **Choose full-fat and full-sugar* products** rather than 'diet', 'low fat' or 'healthy eating' varieties as these provide more calories.
- **Try eating little and often** as smaller portions and snacks are easier to manage.
- **Add butter, cream, cheese, mayonnaise or oil** into savoury options such as mashed potato, soups or scrambled eggs.
- **Add sugar, honey, jam, cream or dried milk powder** into sweet options such as porridge, rice pudding or custard.
- **Serve meals with a sauce or accompaniment.** Try a rich gravy, cheese or white sauce with your main meal and custard, cream or ice cream with your dessert.
- **Drink nourishing fluids*** such as fruit juice, smoothies, fortified milk or milkshakes (see the 'Nourishing drinks' and 'Super shakes' resources for recipe examples).
- **Have high-calorie snacks in between meals** such as peanuts, dried fruit or biscuits (see the '100-calorie boosters' resource for more examples).

***If you have diabetes, continue to choose-sugar free drinks although you can have a moderate amount of sugar containing foods as part of a fortified diet.** Speak to your GP, nurse or diabetes team for more information.



Fortify your milk: add 2-4 heaped tablespoons of dried milk powder to a pint of milk, and stir until dissolved. Once made keep refrigerated and use like regular milk on your cereal, in tea or coffee or as a drink on its own.

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

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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