

# Small appetite

**This information has been given to you to help answer some of the questions you may have if you find that you have a small appetite. If you have any further questions or concerns, please do not hesitate to contact the nutrition and dietetics department (contact details given at the end of this leaflet).**

You have been advised to eat a nourishing diet that is high in calories and protein. This may be because you are eating less than you need to. Eating a nourishing diet may help you to:

- prevent further weight loss
- regain any weight you have already lost
- feel less tired
- fight an infection
- speed up the healing of wounds.

The following information will give you ideas on how to maintain a diet that is high in calories and protein, while making sure that your diet is well balanced.

Try to do the following.

- Eat three small meals and two or three snacks every day. Include a variety of foods that you enjoy.
- Have starchy foods such as bread, potatoes, rice, pasta, yam, plantain, cassava, chapattis and cereals at each meal. These are energy-rich foods.
- Include meat, poultry, fish, eggs, cheese, yoghurt, beans, Quorn, tofu or lentils at least twice per day. These are protein-rich foods.

- Try to include fruit, vegetables and a glass of fruit juice every day. These provide vitamins and minerals.
- Drink at least six to eight cups of fluid each day. In addition to water, try tea, coffee, fruit juice, fruit squash, soups, milky drinks and smoothies. Avoid drinking with meals as this may fill you up and spoil your appetite.

## **How to enrich your food**

Fats and sugar provide energy and help foods taste good. Use fats like olive oil, vegetable oil, butter, margarine, ghee, palm oil and sesame oil generously.

## **Things to add to breakfast cereals:**

- full-fat (whole) or enriched milk\*
- full-fat yoghurt, fromage frais
- syrup, honey or sugar
- evaporated or condensed milk.

## **Things to add to soups and stews:**

- grated cheese or cream cheese
- cream or crème fraîche
- butter or margarine
- dumplings, pasta or croutons
- baked beans, lentils or butter/haricot/kidney beans

## **Things to add to meat, poultry, fish or pasta dishes:**

- creamy sauce, cream or cheese
- butter or margarine
- mayonnaise or salad cream to sandwiches (egg mayonnaise or tuna mayonnaise, for example).

## **Things to add to potatoes, vegetables or salad:**

- butter, margarine or oil
- cream
- grated cheese or cream cheese

- mayonnaise, salad cream or dressing
- milk-based sauces (cauliflower cheese, for example).

### Things to add to puddings:

- cream (double cream, clotted cream) or custard
- crème fraîche
- mascarpone
- Greek/full-fat yoghurt
- ice cream
- jam, honey, syrup or sugar
- evaporated milk.

\* **Enriched milk:** add four tablespoons of milk powder to one pint of full-fat milk to enrich it. Use in place of ordinary milk or water to make coffee, packet soups, sauces, jelly, milk puddings, porridge and any other cereals.

### Ways to increase your calories:

Have snacks and/or puddings twice per day:

Savoury	Sweet
<ul style="list-style-type: none"> <li>• crisps, nuts and savoury biscuits</li> <li>• pakoras, samosas, meat pasties</li> <li>• dips with bread or crisps, such as hummus, guacamole, tahini, tzatziki, taramasalata, sour cream and chive, thousand island</li> <li>• fish paste, sandwich paste, cheese spread on</li> </ul>	<ul style="list-style-type: none"> <li>• Danish pastries, brioche, croissants, doughnuts, muffins, cream-filled cakes, flapjacks, fruit loaf or malt loaf, scones</li> <li>• fun-sized chocolate bars, biscuits</li> <li>• trifles, mousses, crème brulee, crème caramel, instant whip, milk puddings, jelly, panna cotta, ice cream, fruit fool,</li> </ul>

<p>crackers or bread</p> <ul style="list-style-type: none"> <li>• cream cheese on crackers or bread, crumpets, savoury muffins, bagels, toast/bread with peanut butter</li> <li>• scrambled eggs</li> <li>• instant noodle snacks</li> <li>• mini pizzas, quiches, flans, sausage rolls, cocktail sausages, pork pies</li> <li>• cheese and biscuits</li> </ul>	<p>full-cream yoghurts (Greek yoghurt, for example), fruit pies, cheesecake, cupcakes, sundaes, egg custard, meringue, sponge pudding, pavlova</p>
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## **Making meals easy**

- Nutritious meals do not have to be hot and need not take long to prepare. Sandwiches, flans and quiches, tinned fish and meats can all go towards making a nutritious meal.
- If you are finding cooking difficult or tiring, do not be afraid to use convenience foods. Supermarkets and some large stores have a good range of frozen, chilled, packet and tinned foods and meals.
- Takeaways may also be helpful if you are too tired to cook. You may also be entitled to a home delivery of Meals on Wheels or frozen meals. Please contact your local authority for further information.

## Useful sources of information

### Contact us

If you have any questions or concerns, please contact the nutrition and dietetics department on **020 7188 2010** or **020 7188 4128** (Monday to Friday, 9am to 5pm). If we are unable to take your call, please leave us a message and we will call you back.

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

### Your comments and concerns

For advice, support or to raise a concern, contact our Patient Advice and Liaison Service (PALS). To make a complaint, contact the complaints department.

**t:** 020 7188 8801 (PALS)      **e:** [pals@gstt.nhs.uk](mailto:pals@gstt.nhs.uk)

**t:** 020 7188 3514 (complaints)      **e:** [complaints2@gstt.nhs.uk](mailto:complaints2@gstt.nhs.uk)

### Knowledge & Information Centre (KIC)

For more information about health conditions, support groups and local services, or to search the internet and send emails, please visit the KIC on the Ground Floor, North Wing, St Thomas' Hospital.

**t:** 020 7188 3416

### Language Support Services

If you need an interpreter or information about your care in a different language or format, please get in touch:

**t:** 020 7188 8815      **e:** [languagesupport@gstt.nhs.uk](mailto:languagesupport@gstt.nhs.uk)

## **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](http://www.nhs.uk)

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