

Patient/carer information: Eating well—Quick guide

Putting food based treatment into practice - Increasing your intake every day

People who are at risk of malnutrition usually need to increase their intake by about another 500 calories per day (in addition to their current intake) using **nutrient dense foods** (foods that contain a range of energy, protein, vitamins and minerals). This should be enough to stop or slow unplanned weight loss.

Increasing your intake by 500 calories per day, using **nutrient dense foods** can seem quite hard, but it actually only means making 3—4 changes to what you usually eat and drink each day.

How can I increase the nutrients in my food?

- ◆ Fortifying foods - by adding extra **nutrient dense foods** to them - can make it easier for you to eat enough every day (see suggestions overleaf)
- ◆ Try to have 2 - 3 small snacks each day in between your meals & try to choose **nutrient dense snacks** (see suggestions overleaf)

The following are simple examples of how you can increase your usual intake by 500 calories per day using **nutrient dense foods**.

If you like milk and milk products – try having:	Energy added (Kcals)	Protein added
1 mug (200ml) of hot chocolate made with fortified milk	254	13
1 small tub of Greek yoghurt	198	9.2
1 tablespoon skimmed milk powder added to custard	55	5.5
Total	507	27.7

If you don't like or cannot take milk products or you like savoury flavours – try having:	Energy added (Kcals)	Protein added (grams)
1 small handful of mixed nuts	246	8.6
1 cheese scone	161	5.8
1 tablespoon pea protein powder added to vegetable soup	60	11
½ tablespoon peanut butter added to toast or crackers	47	1.4
Total	514	26.8

If you like sweet flavours – try having:	Energy added (Kcals)	Protein added
1 mug (200ml) of hot chocolate made with fortified milk	254	13
1 tub (150g) of custard	146	4.2
2 tablespoons of Greek yoghurt (with honey)	122	4
Total	522	21.2

This shows **nutrient dense** food items to use as fortifiers, and the amount of energy and protein that each will add:

Food fortifier	Quantity to add to 1 portion of food	Try adding to a portion of:	Energy content added per portion (Kcals)	Protein content added per portion (grams)
Almond butter	1 tablespoon (15g)	Porridge, soup, curry & dahl	98	3.4
Cashew butter	1 tablespoon (14g)	Porridge, soup, curry & dahl	94	2.8
Cheese, grated	1 tablespoon (10g)	Potatoes, vegetables, curry & dahl	40	2.5
Egg	1 egg	Custard, milk pudding, mashed potato	75	6
Dried, skimmed milk powder	1 tablespoon (15g)	Custard, milk pudding/sweets, 'cream of' soup, porridge, mashed potato	55	5.5
Greek yogurt	1 tablespoon (45g)	Porridge, pasta sauce, casserole, curry & dahl	61	2
Ground almonds	1 tablespoon (15g)	Vegetable soup, stew, casserole, porridge, curry & dahl	92	3
Peanut butter	1 tablespoon (15g)	Porridge, curry & dahl	94	4
Pea protein powder	1 tablespoon (17g)	Vegetable soup, stew, casserole, curry & dahl	60	11
Soy protein powder	1 tablespoon (14g)	Vegetable soup, stew, casserole, curry & dahl	50	14

This shows ideas for **nutrient dense** snack choices and the amount of energy and protein that each will add:

Snack suggestion	Amount	Energy Content (Kcals)	Protein content (grams)
Cheese & cracker	1 cracker + 1 small chunk cheese	112	5.5
Cheese scone	1	161	5.8
Custard	150g tub	144	3.6
Falafal	1	111	3.8
Greek yoghurt	150g tub	198	9.2
Hard boiled egg	1	75	7.2
Mixed nuts	Small handful (40g)	246	8.6
Rice pudding	150g tub	141	4.7

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