



St. Richard's
Hospice

CARING FOR LIFE

Boosting your calories

A guide to minimising weight loss

There are many reasons why people lose their appetite, some as a result of their illness and some as a result of the treatment that they are having.

Causes may include:

- Pain
- Feeling sick
- Sore/ dry mouth
- Taste changes
- Constipation
- Swallowing difficulties
- Diarrhoea
- Bloating
- Tiredness
- Reduced activity
- Anxiety
- Low mood
- Shortness of breath

Food plays an important role in our lives not only as a source of nutrition, but socially and culturally. Eating and drinking is often regarded as a pleasure and not just a necessity, so an inability to eat can have a significant impact on a person's quality of life. It can be a cause of anxiety for patients and carers alike, which may lead to feelings of frustration, helplessness and conflict.



Your St Richard's Nurse Specialist will be able to assess for any reversible causes, support you in adapting to changes in your diet and advise you on ways to boost your calorie intake where possible.

In addition this leaflet contains some useful tips, including suggestions for enriching drinks, nutritious snacks and light meals. The focus is on maximising everyday foods rather than taking special supplements or making big changes to your diet.



Top tips

- Eat a little bit of what you fancy
- Try to have 3 small meals a day - larger portions may be overwhelming
- Try to have 2 - 3 nourishing snacks
- Include a pudding once or twice a day
- "Enrich" your regular foods - see page 5
- Choose full fat options - unless otherwise advised by a health professional
- Aim for 6 - 8 cups of fluid a day - but avoid filling up on drinks before a meal
- Small amounts of alcohol can stimulate your appetite but check with a health professional first
- Try to have a milky drink at bed time
- Consider ready-prepared or delivered meals if you are not able/wanting to cook
- A little fresh air or gentle exercise may help your appetite
- Eating with others can make it a more social and enjoyable experience



Try to have drinks which contain lots of calories, for example those made with full cream milk - hot chocolate, malted drinks, milky coffee and milkshakes. These drinks contain between 100 - 200 calories whereas tea, coffee, squash and diet drinks contain less than 50 calories.



Adding a tablespoon of double cream will give you an extra 125 calories.

A scoop of dried milk powder adds an extra 35 calories.

1 scoop of ice cream in a milkshake can add more than 100 extra calories.

Diabetic patients can use sugar free options and boost them in the same way.

Those on a milk free diet can fortify soya milk, and use soya cream and puddings.

Enriching

Enriching or fortifying is a way of increasing the nutrition content of your food without increasing the volume.

Here are some examples:

- Blend 4 tablespoons of dried milk powder to 1 pint of full cream milk, and use this as you would normally in tea, coffee and on cereals.
- Add 2 tablespoons of double cream and 1 tablespoon of dried milk to a portion of custard, milky puds, soup or porridge.
- Glaze potatoes or veg with butter
- Add cream and/or grated cheese to mash potatoes
- Avoid low fat/diet foods



Recipes

Citrus Fizz (serves 2)

- 300 mls orange juice
- 70 ml lime juice cordial
- 15g ½ oz. caster sugar
- 1tbsp chopped mint
- 200 ml soda water

- 1 Pour orange juice, lime juice and sugar into a bowl.
- 2 Stir in chopped mint and leave in fridge for one hour.
- 3 Strain liquid and add soda water to taste.

Calories – approx. 130 per serving



Build-up Shake (1 serving)

- 1 sachet of build-up (available over the counter from chemists)
- 200 mls of whole milk
- 1 scoop of ice cream

- 1 Mix in a blender or liquidiser until frothy.
- 2 Best drunk immediately.

Calories – approx. 300 per serving

Fortified Milk

- 1 pint of full cream milk
- 5 heaped tablespoons of milk powder or
- 2 tbsps. cream and 3 tbsp. milk powder

Mix powder with small amount of milk and add to remainder of milk. Use to make puddings, porridge, drinks or cereals etc.

Calories – 1 pint = approx. 630 calories



Banana, Honey and Nut Smoothie (serves 2)

- 1 banana (peeled and sliced)
- 250 ml soya or whole milk
- 1 tbsp. honey
- 2 tbsp. chopped and toasted nuts (preferably hazel nuts)

- 1 Blend banana, milk and honey and little grated nutmeg until smooth.
- 2 Top with hazelnuts prior to serving.

Calories – approx. 200 per serving

Fruit Smoothie (2 servings)

- 200 grams of fresh or tinned fruit
- 75 ml (5 floz) double cream
- 1 small pot of thick and creamy yoghurt
- 1 scoop of ice cream
- 200 ml of apple juice

- 1 Mix in a blender/liquidiser until smooth.
- 2 Best drunk immediately.

Calories – approx. 230 per serving

Coffee Cream

- 150 mls full cream milk
- 1 heaped tablespoon milk powder
- 1 teaspoon coffee powder
- 2 tablespoons of cream
- Or swap coffee powder for 4 tbsp. cream liquor i.e. Baileys

- 1 Mix coffee and milk powder with a small amount of milk
- 2 Add cream and remainder of milk.
- 3 Can serve warm or cold.

Calories – approx. 350 per serving



Tomato and Basil Soup (serves 2)

Preparation: 2 minutes Cooking: 5 - 10 minutes

- 1 tin condensed cream of tomato soup (295g/10.5oz)
- Single cream or crème fraîche (150ml/5floz)
- Basil pesto (1 tbsp.)
- To serve (per serving)
- Croutons (28g/1oz)
- Sprinkling of grated parmesan cheese
- 2-3 fresh basil leaves

- 1 Pour the condensed cream of tomato soup into a saucepan.
- 2 Add the cream or crème fraîche and pesto and heat gently, stirring constantly. Don't let the soup boil
- 3 Pour into soup bowls and sprinkle each with croutons and grated parmesan cheese.
- 4 Serve with basil leaves.

Calories – approx. 440 per serving

Nourishing Cup-a-Soup

- 200mls milk
- 1 heaped tablespoon milk powder
- 1 packet of cup-a-soup

- 1 Mix milk powder to cup-a-soup to a smooth paste with a small amount of milk.
- 2 Slowly add the rest of the milk and heat gently.
- 3 Try to use your favourite recipe but use milk instead of stock and add extra cream.

Calories – approx. 300 per serving



Leek and Potato Soup (serves 4-6)

- 2 medium leeks, cleaned and sliced
- 1 small onion, skinned and finely chopped
- 25g (1oz) English butter
- 350g (12oz) potatoes, peeled and chopped into small cubes
- 300ml stock
- 300mls full fat milk
- 5ml (1 level tsp) salt if desired
- Freshly ground pepper
- 300ml (10 fl oz) fresh double cream
- 30ml (2tbsp) snipped chives or finely chopped watercress to garnish if required

- 1 Finely chop the white the leeks.
- 2 Melt the butter gently in a saucepan, add the leeks and onion and fry without browning for 7-10 minutes.
- 3 Add the potatoes to the pan with the stock, salt and pepper.
- 4 Bring to the boil, lower heat and cover pan. Simmer very gently for 20-30 minutes, or until the vegetables are tender.
- 5 Rub the soup through a fine sieve or puree in a blender. Warm again if needed and add cream and additional liquid depending on consistency required. Serve sprinkled with chives, watercress or parmesan as required.

Calories – approx. 300 per serving



Soups (cont)

Cream of Vegetable Soup (serves 4)

- 50g (2oz) English butter
- 225g (8oz) carrots, peeled and finely diced or grated
- 175g (6oz) swede, peeled and finely diced
- 2 small leeks, cleaned and finely chopped
- 25g (1oz) flour
- 300ml chicken stock
- 300ml full cream milk
- 90ml (6tbsp) fresh single cream
- Chopped parsley to garnish

- 1 Melt the butter in a large saucepan and fry the carrots, swede and leeks for 5-10 minutes.
- 2 Stir in the flour. Add stock, salt and pepper and simmer for another 15-20 minutes before adding the milk and fresh cream. Adjust seasoning and heat gently. Do not boil.

Calories – approx. 150 per serving



Boost your calories

* 140 Calories	** 210 Calories	*** 280 Calories
Slice of malt loaf	A crumpet	Small flap jack
½ hot cross bun	½ a tea cake	2 slices of malt loaf
½ scone & jam	Slice of fruit/ sponge cake	½ scone, jam & cream
Medium sausage roll	Mini pork pie	2 crackers & cheese
Packet of crisps	Individual Bakewell tart/ fruit pie	A Danish pastry
Scoop of ice cream	Doughnut	Mars bar
Slice of pizza	Pot of trifle	Handful of peanuts (50 gm)
Cereal bar	Individual cheesecake	
Handful of dried fruit	Pot of rich chocolate mousse	
Pot of custard or rice pudding	Pot of thick & creamy yoghurt	
Matchbox size portion of cheese		
Jam tart		
Ham / cheese sandwich (1 slice)		





...A NOURISHING SNACK.

We hope that our advice and support can help to alleviate some of your anxieties and take some of the stress out of eating. Please speak to your St Richard's Specialist Nurse if you are worried about food intake or any related problems.

If you would like further information the following organisations offer useful information and resources.

MACMILLAN CANCER SUPPORT	www.macmillan.org.uk
CANCER RESEARCH UK	www.cancerresearchuk.org
MNDA ASSOCIATION	www.mndassociation.org
MULTIPLE SCLEROSIS SOCIETY	www.mssociety.org.uk www.alzheimers.org.uk
ALZHEIMER'S SOCIETY	

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