

## Think Food – Recipe Sheets

You have been given these recipe sheets by your Healthcare Professional as a way of increasing your nutritional intake to help you maintain or gain weight.

**If you have diabetes and a poor appetite, increase your sugar intake cautiously and aim to return to your usual diet once your appetite has returned. If you are following dietary restrictions linked to kidney disease, please discuss with your healthcare professional before making dietary changes. If you are following a low fat diet, increasing fat intake may be appropriate for short term use until appetite has returned. Lower fat options (e.g. semi-skimmed milk) can be used in recipes if required although available nutrition may vary from stated values. Please discuss with your healthcare professional if you are concerned about making any changes to your diet.**

This leaflet provides easy to follow recipes and suggestions which will give you a minimum of an additional 500kcal per day.

**Based on a '1 2 3' approach every day to increasing your nutrition:**

### **1 PINT OF ENRICHED MILK      2 MILKSHAKES/SMOOTHIES      3 SNACKS**

Continue to eat regular 'meals' during the day. You may wish to reduce the portion size if your appetite is reduced. We also advise to add 'toppers' to your meals to further boost the nutritional value. If your appetite is reduced, remember to eat little and often throughout the day and choose the most calorie dense options.

Advice for supporting eating with a small appetite is also available at [www.shropshireccg.nhs.uk/nutrition](http://www.shropshireccg.nhs.uk/nutrition)

## **1 PINT PER DAY      Enriched Milk**

**Add four tablespoons (2oz) of milk powder to one pint milk (preferably full fat, blue top or silver top).**

1. Add 4 tablespoons of skimmed milk powder to a jug
2. Add a small amount of full fat milk from the pint
3. Mix well to form a paste with no lumps
4. Add the remains of the pint of milk
5. Stir well and enjoy

**One pint of enriched milk provides around 550 kcals, 38 grams protein**

The milk can be made up and stored in the fridge for use throughout the day in the following:

- Breakfast cereals and porridge
- Mashed potato
- Savoury sauces (e.g. cheese sauce)
- Soups (add to an instant soup mix for a quick and easy snack)
- Tea and coffee/hot chocolate/malted drinks/milkshakes

**2** PER DAY

Alternatively, you could buy  
Complan®, Meretine® or  
AYMES® Retail shakes/soups  
from  
supermarkets/pharmacies

## Milkshake and Smoothie Recipes

Aim to have 2 drinks from the following recipe sheets every day. If you prefer a smaller volume, store in the fridge and serve another portion later on (stir well before serving).

Blend up recipes until smooth (unless otherwise directed).

Nutritional values are approximate.

### SUPER SHAKE

- 200mls whole milk
- 1 scoop ice cream (flavour of your choice)
- 30g skimmed milk powder (approx. 1.5 tablespoons)
- 20g milkshake powder (if possible use vitamin fortified option e.g. Nesquik or Tesco Milkshake mix)

**Energy: 410 kcals    Protein: 20 grams**

### FRUIT BLAST

- 100mls fresh fruit juice
- 100mls lemonade (non - diet)
- 1 scoop vanilla ice cream
- 1 tablespoon sugar

**We would recommend for you to avoid using this recipe if you are diagnosed with diabetes**

**Energy: 270 – 390 kcals    Protein: 0.5 – 2.5grams**

### YOGURT & BERRY SMOOTHIE

- 150mls whole milk
- 1 pot (150g) full fat plain yogurt
- 4 teaspoons skimmed milk powder
- 1 banana
- 1 handful of berries of your choice (frozen berries can be more cost-effective)
- 1 teaspoon honey or sugar

**Energy: 410 kcals    Protein: 22 grams**

### APPLE AND ELDERFLOWER JUICE DRINK

- 180ml apple juice
- 40ml undiluted elderflower cordial (e.g. Bottlegreen or Belvoir)
- 10g (2 x 5g) egg white powder sachets

#### Method

1. Put egg white powder in a glass
2. Using a spoon to mix (not fork or whisk) add in undiluted squash/cordial
3. Gradually add in apple juice

**Energy: 230 – 250 kcals    Protein: 8.6**

**We would recommend for you to avoid using this recipe if you are diagnosed with diabetes**

### BANANA AND PEANUT BUTTER SMOOTHIE

- 150mls whole milk
- 1 scoop ice cream (flavour of your choice)
- 4 teaspoons skimmed milk powder
- 1 banana
- 1 tbsp peanut butter
- 1 teaspoon honey/sugar

**Energy: 490 kcals    Protein: 19 grams**

### FRUIT BOOST

- 150mls orange juice
- 50mls pineapple juice
- 1 banana
- 1 handful strawberries
- 1 handful raspberries
- 1 teaspoon sugar/honey (depending on taste)

**We would recommend for you to avoid using this recipe if you are diagnosed with diabetes**

**Energy: 290 kcals    Protein: 3 grams**

# 2 PER DAY

## Savoury Drinks

If you prefer savoury items or want to try a variety of tastes, then savoury drinks/soups can also be a great way of increasing your nutritional intake. Remember to have these as well as meals and not as meal replacements.

### **'Pack it in' Soup**

- 1 sachet packet soup
- 200mls whole milk (warmed to taste)
- 1 tablespoon skimmed milk powder

Method:

1. Warm milk gently in a pan or microwave.
2. Mix the skimmed milk powder into a packet soup mix in a cup or bowl as preferred.
3. Add a splash of cold milk to the powder and mix into a paste
4. Carefully stir in the warmed milk and stir well

**Calories: 325     Protein: 14 grams**

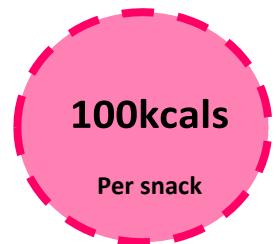
**Soup can be paired with ½ crumpet and butter for an additional 100 calories**

You could also purchase savoury or sweet flavours of Complan®, Meretine® Energis or AYMES® Retail from your supermarket or local pharmacy.

**You may prefer to make a homemade soup – remember to add calories by using cream/crème fraiche and skimmed milk powder to maximise its nutritional value.**

# 3 SNACKS

## Nourishing Snacks



### Aim for 2 – 3 nourishing snacks per day between meal times

The following snack suggestions contain around 100kcal each. Aim to have three per day between mealtimes. These should be eaten as well as having two drinks from the suggested recipes per day.

#### Fruit

- ⦿ 1 small banana
- ⦿ 5 dried apricots
- ⦿ 6 prunes
- ⦿ 2-3 dates
- ⦿ 1 heaped tablespoon of sultanas/raisins

#### Confectionary

- ⦿ 1/3 of a standard Mars bar
- ⦿ 5 jelly babies
- ⦿ 3 squares of milk chocolate
- ⦿ 2 Kit Kat fingers
- ⦿ 1 fudge bar
- ⦿ ½ a crunchie

#### Dairy

- ⦿ 1 scoop of ice cream
- ⦿ 1 pot of full fat/creamy yoghurt
- ⦿ 1 medium slice of cheese
- ⦿ 30mls of condensed milk

#### Savoury

- ⦿ 1 small bag of crisps
- ⦿ 2 tablespoons of hummus
- ⦿ ½ a crumpet and butter
- ⦿ ½ a mini pork pie
- ⦿ 1 small sausage roll
- ⦿ Crackers and cheese

#### Nuts

- ⦿ 1 small handful of peanuts
- ⦿ 2-3 walnuts
- ⦿ 7 almonds
- ⦿ 1 small handful of cashew nuts
- ⦿ 5 brazil nuts

#### Biscuits / cakes

- ⦿ 2 digestives
- ⦿ 1 chocolate caramel digestive
- ⦿ 2 custard creams
- ⦿ 2 bourbons
- ⦿ ½ croissant
- ⦿ 1 jam tart
- ⦿ ½ a doughnut

If you feel able to, combine 100kcal snacks (e.g. whole crumpet with butter). Snacks are a great way of optimising your calorie intake through the day and there is no right or wrong way to eat these. These can be paired with nourishing drinks between meal times and for supper.

## THROUGHOUT THE DAY

### Nourishing Drinks

Try to choose high energy drinks throughout the day. Avoid having lower calorie drinks such as water, sugar free squash or 'diet' fizzy drinks when needing to gain weight. If you have diabetes, aim for lower sugar options where able. Remember to use your pint of enriched milk to further boost your energy and protein intake.

The following list highlights the calorie and protein in various drinks:

(Values are approximate)

<b>High energy drinks per 200ml (1 small mug)</b>	<b>Energy content (calories)</b>	<b>Protein content (grams)</b>
Horlicks*	235	9
Ovaltine*	230	8.5
Build-Up*	224	12
Fortified milk*	200	12.5
Milkshake*	200	7
Hot Chocolate*	180	7
Bournvita*	170	8.5
Cocoa*	168	7
Full Fat Milk	140	7
Milky coffee*	140	5
Fortified soup e.g. powdered soup made with whole milk and 1 tbsp milk powder	115 – 170	Depends on fortification
Fruit juice	65 – 120	0
Smoothie	100	0.5
Sugary fizzy drink	85	0
Sugary squash	50 - 90	0

\* made with 200mls full fat milk

Page 3 provides recipe ideas for homemade milkshakes, smoothies and juices packing in nutrition and calories in a delicious way! There is a milk free recipe sheet available on the Shropshire CCG website for those not able to tolerate milk.

## BOOST ALL FOOD

### Food 'Toppers'

Food 'toppers' are a great way of adding nutrition and energy to meals, snacks and puddings without having to eat a larger amount of food.

Use these suggestions to maximise your calorie and protein intake at all opportunities through the day.

Topper	Amount	Energy content	Protein content (grams)
Butter or margarine	10g 'pat'	75	0
Cheese, grated	1 tablespoon	40	2.5
Chocolate, grated or melted	1 square	35	0.5
Coconut milk powder/ creamed coconut	1 tablespoon	103	1
Coconut (desiccated)	1 tablespoon	60	0.5
Condensed milk	1 dessert spoon	55	1.5
Cream cheese	1 tablespoon	66	0.5
Cream, single/double	1 tablespoon	30/100	0.5
Crème fraiche	1 tablespoon	100	0.5
Dried fruit	1 tablespoon	85	0
Dried skimmed milk powder	1 tablespoon	55	5.5
Egg, pasteurised	1 'egg'	75	6
Evaporated milk	1 tablespoon	25	1
Greek yogurt	1 tablespoon	61	2
Ground almonds	1 tablespoon	60	2
Halva	1 tablespoon	137	3.5
Honey	1 teaspoon	50	0
Hot drink powder e.g. Horlicks, Ovaltine etc	4 teaspoons	75	1.5 - 2
Ice cream	1 scoop	105	2
Jam	1 teaspoon	50	0
Milk/cream based sauces	1 tablespoon	45	1
Milkshake powder	4 teaspoons	60	0
Mayonnaise	1 tablespoon	105	0
Peanut butter	1 dessert spoon	75	2.5
Sugar	1 teaspoon	25	0
Sweet sauces	1 tablespoon	60	0
Syrup	1 teaspoon	50	0

For further information and resources to support your nutritional intake, visit [www.shropshireccg.nhs.uk/nutrition](http://www.shropshireccg.nhs.uk/nutrition) or call the Medicines Optimisation Team on 01743 277557