

Maintaining Your Nutritional Needs on Discharge

If you are underweight, have lost weight unintentionally or have a poor appetite it is important that you continue to follow the dietary recommendations made by your dietitian or other healthcare professional. This may involve asking friends or family members to get you specific foods so you can continue to follow an enriched diet:

- **Eat small meals and snacks frequently**
- **Avoid low calorie foods and drinks, aim for high calorie products**
- **Use full fat dairy products e.g. whole milk, full fat yoghurts, butter, cheese and sauces**
- **Fortify foods with extra calories and protein (e.g. adding four tablespoons dried milk powder to a pint of whole milk to use in breakfast cereal and hot drinks, adding cheese to mashed potato, butter to vegetables and adding cream to soups)**
- **Try to have a pudding or sweet snack daily**
- **Try to have at least two of the drinks below between or after meals and have them instead of low calorie drinks, such as tea, water and diluted juice**

Supershake: (makes 1 portion)

Ingredients

- 200ml whole milk
- 2 tablespoons dried milk powder
- 3 heaped teaspoons vitamin fortified milkshake powder (e.g. Nesquik or supermarket own brand)

Directions

1. Mix dried milk powder and milkshake powder together in a glass
2. Gradually add in the milk and stir well

Supersoup: (makes 1 portion)

Ingredients

- 1 sachet of cup a soup (smooth, no bits)
- 1 tablespoon dried milk powder
- 200ml whole milk
- A little boiling water

Directions

1. Mix the cup a soup sachet contents and dried milk powder with a little boiling water to dissolve
2. Heat the milk and stir in gradually until dissolved

Superjuice: (makes 1 portion)

Ingredients

- 100ml lemonade • 75ml full sugar cordial • 2 tablespoons icing sugar • 1 tablespoon golden syrup

Directions

1. Starting with the Lemonade, mix ingredients together and stir well

(not suitable for people with diabetes unless agreed with your health care professional)

Super Creamshot: (makes 1 portion)

Ingredients

- 40ml double cream
- Flavouring to taste such as vanilla, strawberry, chocolate, blackcurrant, peppermint

Directions

1. Mix the ingredients together and stir well

Supershake Compact: (makes 1 portion)

Ingredients

- 125ml whole milk
- 3 tablespoons dried milk powder
- 3 heaped teaspoons vitamin fortified milkshake powder (e.g. Nesquik or supermarket own brand)

Directions

1. Mix dried milk powder and milkshake powder together in a glass
2. Gradually add in the milk and stir well

Super Creamshot and Supershake Compact are suitable for those who struggle with larger volumes of fluid.

The high calorie drinks can be thickened using a thickening agent. Please discuss with your Speech and Language Therapist for instructions on how to do this, to ensure the correct thickness.

If you have a diagnosis of diabetes some of these recipes may increase blood glucose levels. Please seek advice from a healthcare professional (dietitian, GP or nurse) if you have any concerns or queries.

The following high calorie drinks can be made up and stored in a refrigerator for up to 24 hours.

Contact details:

Rotherham Doncaster and South Humber NHS Foundation Trust Dietitians - Tel: 01302 796410 Email: rdash.dietetics@nhs.net
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