

Tips for eating more



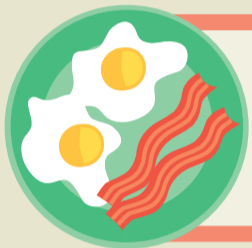
Eat **small, frequent meals and snacks**, instead of 3 large meals



Introduce **snacks** around your favourite TV programmes



High calorie snack ideas include thick and creamy yoghurts, cake, cheese and crackers and buffet foods



Eat foods **high in calories and protein**, e.g. full fat dairy products, meat and fish



Avoid 'diet' or 'low fat' products



Include nourishing drinks, e.g. whole milk, milky coffee, milkshakes, hot chocolate, malted drinks e.g. Ovaltine, Horlicks



Fortify food – add extra calories without increasing the food portion. Examples include adding cream to soups and casseroles, or adding butter and cheese to mashed potato



Fortify your milk and use this in place of usual milk



Consider joining a local lunch club

Where to go for help

If you or someone you know are concerned, it's best to seek individual advice from **your Practice Nurse** initially, unless you have a medical issue, in which case you should make an appointment with **your GP**. **Your community pharmacist** may also be able to provide support and advice.

Your local community organisation (e.g. Age Concern) and **the council** can also provide information, and a range of options to support you.



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You can also **email Wessex AHSN** for more information and a leaflet about nutrition: nutrition@wessexahsn.net

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