**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

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**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.

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

Visit: [wessexahsn.org.uk](http://wessexahsn.org.uk)  Follow: [WessexAHSN](http://twitter.com/WessexAHSN)