

Make Every Mouthful Count

INFORMATION BROCHURE

Eating a nutritious and balanced diet can help with:

- increasing your strength and energy levels
- healing wounds
- regaining or maintaining a healthy weight

For more information concerning our Geriatric Medical Services call **Ph 4343 0333** (anytime day or night)

Brisbane Waters Private Hospital



21 Vidler Ave, Woy Woy NSW 2256
T: 4341 9522 / brisbanewatersprivate.com.au



Improve your health by boosting your food intake with extra nutrition

Brisbane Waters Private Hospital

healthcare™





Warning signs of malnutrition

- Lack of appetite
- Losing weight
- Loss of interest in food
- Having smaller meals than usual
- Missing meals
- Chronic nausea.

These are NOT signs of "ageing". These are signs that you need more calories and more protein in your diet.

Tips to improve your intake

- Eat small frequent meals. Try 6 small meals a day rather than 3 large meals
- Nutritious drinks may be easier to manage than solid foods
- Make the most of what you can eat when you feel well – it doesn't have to be breakfast to eat porridge or eggs
- Keep a supply of ready-to-eat nutritious snacks in the cupboard or fridge to include between meals
- Use smaller plates so meals appear less overwhelming
- Add extra high energy foods and protein to boost your nutrition at every meal.

Protein

Fragile people require more calories and protein to maintain weight. To get enough protein you need to include a protein choice at every meal.

High protein foods include meat, fish, chicken, eggs, beans, legumes, nuts and seeds. Also include dairy products such as, full fat milk, cheese and yoghurt.

Energy

Energy foods are needed to help maintain appetite and provide energy. Boost the calories in foods by choosing high energy foods.

Be sure to make the snacks you choose count. Don't buy low fat dairy products as you don't need them now, even if you did 20 years ago. You will do better with the extra energy in the full cream products.

High energy snacks include full cream dairy products, margarine, butter, salad dressing, oil, cream, soft drinks, chocolates, sweets, ice cream, meat pies and chips.

Boost nutrition in every mouthful

- Grate cheese on baked beans, pasta, egg dishes, bakes and vegetables
- Add sugar, honey, jam, maple syrup, golden syrup to fruit, desserts, cereals, bread and biscuits
- Use margarine/butter thickly and melt on vegetables, rice or pasta
- Add extra cream or evaporated milk to gravies, sauces, soups, cereals or desserts
- Add mayonnaise, white sauces, sour cream, dips and avocado where possible
- Make high protein milk by adding 3 tablespoons of skim milk powder to 500ml of milk and use this in place of normal milk.

Meal and snack ideas

- Crackers with cheese, cream cheese, dips or cold meats
- Cheese, tomato, ham, tuna or peanut butter on toast
- Dried fruits and nuts
- Eggs – scrambled, fried, boiled or baked beans on toast
- Raisin toast, crumpets or sandwiches with butter or margarine, meat, cheese, fish or egg
- Canned creamy rice, dairy desserts and custards, frozen fruit pies and cheesecake
- Cakes, biscuits, scones, muffins or pikelets with jam and cream
- Heat frozen meals like party pies, sausage rolls, quiche and pizza
- Milkshakes, smoothies or Sustagen
- Polish Pierogi, potato dumplings with sour cream.

A word on supplements

When these strategies are not enough and you need an extra boost of nutrition, commercial supplements can help. They can be taken as a snack in between meals or added to food and fluids to fortify a range of nutrients including protein, energy, calcium and fibre.

- Use Sustagen or Ensure Powder sprinkled on cereal/porridge, desserts, custards, soups or made up in drinks
- There is a variety of high energy protein, milk/juice based commercial supplements available, so speak with your Dietitian or Doctor to work out which supplement would best suit you and where you can purchase them.