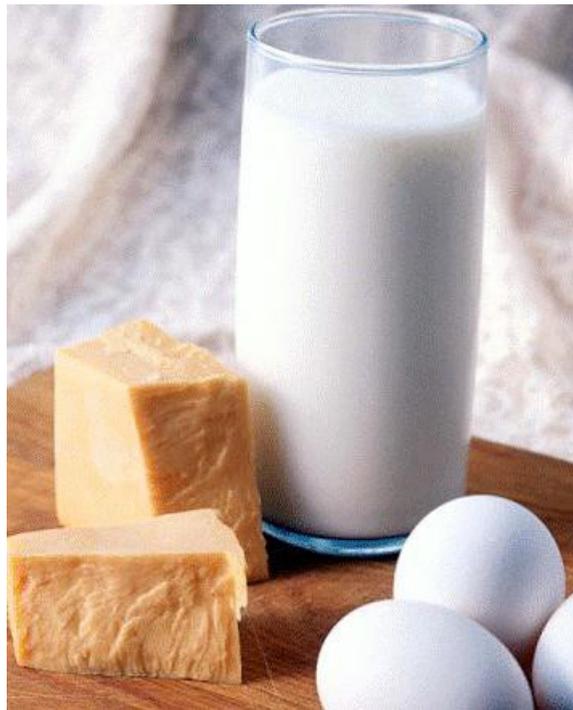


Build yourself up



How to eat and drink
more to make you feel
better

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About this leaflet



This leaflet tells you about how to eat and drink enough to keep you healthy.



If your doctor has already asked you to eat a special diet some of this information might not be right for you. You can check with your doctor if you are not sure.



If you do not **eat** enough you can become ill. This is called **malnutrition**.



If you do not **drink** enough you can become ill. This is called **dehydration**.

If you have diabetes



If you have diabetes and have not been eating enough, you can follow the advice in this leaflet.

When you have diabetes, you have too much **glucose** (sugar) in your blood. This is called your **blood glucose level**.



If you have not been eating enough and start to eat more, your blood glucose levels will rise. It is not good to eat less to keep your blood glucose level low.



Talk to your doctor if you are worried as they might be able to change your medication.

If you have been ill or have had surgery, your blood glucose levels can rise. Your doctor or nurse can help you with this.

Drinks

Try not to drink fizzy drinks and squash because these have lots of sugar in them.



You can have milky drinks, fruit juices and smoothies instead. More ideas for things you can drink are in the 'Drinks that build you up' section of this leaflet.

Eating and Drinking

Reasons for not eating enough might be:



- Not enough money to buy food
- Can't get to the shops
- Need help with eating
- Can't cook
- Too tired
- Feeling low or sad
- Feeling ill

Things which could show you are not eating enough are:



- Getting thinner
- Not hungry
- Clothes or jewellery feel too big
- Dentures feel too big
- Tiredness
- Feeling cross or upset
- Swollen stomach
- Wrinkled skin around mouth
- Sores around lips
- Weak muscles
- Hair falling out

Dehydration means not drinking enough to keep you feeling well.



An adult should have about 6 or 8 drinks every day.

Reasons you might need to drink more than usual:



- If you are exercising
- In hot weather
- If you have had sickness or diarrhoea
- If you are not eating anything at all for religious reasons

Things which can show you are not drinking enough:



- Dark coloured or strong smelling urine - it should be straw coloured
- Dry mouth
- Dry skin
- Dry or chapped lips
- Not hungry
- Feeling dizzy
- Headaches



Build yourself up



'Build yourself up' means to eat and drink more to give yourself energy and strength.



Try to eat something or have a milky drink 6 times a day.



While you are trying to build yourself up it is good to eat foods with fat and sugar in them. You should not eat diet foods with low fat and low sugar.



If you have heart problems try to eat only good fats like olive, sunflower or vegetable oil



Smoking stops you feeling hungry so try to smoke less.

For help to stop smoking you can call Livewell Dorset on:



01305 233105



If you have not been eating as much as usual you might need to take extra vitamins to keep you healthy.

A dietitian is an expert in food and diet. You can talk to a doctor or dietitian about vitamins.

Adding extra energy to food



Energy in food can be called **calories** and **protein**.

We can add things to food to give us more energy and strength. This is called **fortified** food.

Here are some ways food can be fortified:



Milk

Mix 4 tablespoons of skimmed milk powder with a little milk then stir in a pint of milk.

You can use this milk to make drinks, soup and puddings.



Breakfast Cereals

Add fortified milk and sugar, honey or syrup.

You can eat cereal as a snack between meals and at bedtime.



Casseroles

Add minced meat, lentils, beans or noodles to casseroles.



Soups

Add lentils, beans or noodles to soups.

Make up packet soups using fortified milk or cream.



Meat, fish, beans and lentils

These foods are very good for you.

You could have them with creamy sauces.

Here are some more ways food can be fortified



Sauces

Sauces are good to eat if you have a dry or sore mouth.

Cheese sauce can be added to cauliflower, leeks and marrow.



Potatoes and Vegetables

Add butter and fortified milk or sprinkle cheese on top.



Desserts

Try to have a dessert after meals.

Puddings with lots of cream, milk or sugar in them are very good.



Drinks

Milky drinks are better than just tea.

Milkshakes make a good snack between meals.

Fruit smoothies are full of vitamins and are very good for you.



Snacks

Nibble foods like nuts, fruit, crisps, biscuits, sweets or chocolate between meals.

What to do when you are not hungry or feel too tired to cook



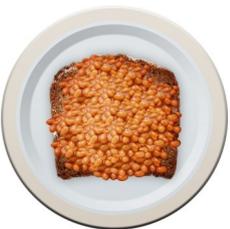
There are lots of ready made meals which you can buy from the shops and heat up.

To find out about meals that can be delivered to you at home use the Dorset Council service directory
www.dorsetcouncil.gov.uk/care-and-support-for-adults/service-directory/



This is a good time to eat take away meals and ready made foods.

Here are some ideas for snacks and easy meals:



On toast

Cheese, baked beans, scrambled eggs, sardines, pilchards, mackerel, pate, spaghetti, ravioli or tinned mushrooms.

Toasted sandwiches with sweet or savoury fillings.



Filled omelette

Ham, cheese or mushroom.



Filled sandwiches and rolls

Cheese spread, tuna, egg mayonnaise, pate, cold meat, bacon, peanut butter, houmous, jam, marmalade or banana.

Here are some more ideas for snacks and easy meals:



Baked potato

Filled with butter, cheese, baked beans, tuna or coleslaw.



Ready made microwave meals

There are lots of different sorts to choose from like roast dinners, curry, pasta and pies.



Soups

These are quick to heat up and good for you.



Buffet food

Keep some foods you like to eat at a buffet in the fridge. Things like chicken legs, cold sausages, quiche and scotch eggs.



Alcohol

A small glass of sherry or brandy before a meal can help to make you feel more hungry.

Check with your doctor that you are allowed to drink alcohol if you are taking any medicine.



Nourishing drinks

You can read more about these in the section called 'Drinks that build you up'.

Ideas for meals during the day



Breakfast

Porridge or cereal
Bacon, sausage and tomato
Toast with butter and marmalade



Morning snack

Milky coffee and cake



Lunch

Soup
Meat or fish with vegetables and potatoes



Afternoon snack

Fruit juice with toast



Dinner

Sandwich and yoghurt



Bed time

Hot chocolate and a biscuit



Try to have at least one hot or cold drink with every meal.

Drinks which build you up



Drinks which help to build you up and give you energy are called **nourishing drinks**.

Nourishing drinks contain protein, calories, vitamins and minerals.

Some nourishing drinks you can buy from supermarkets and chemists are;



Complan milk shakes—these come in different flavours and can be mixed into milk.

Complan soups—these come in different flavours and can be mixed into hot water or milk.



Complan neutral—this is a powder that you add to sweet or savoury foods to fortify them.

Nurishment Original—these come in different flavours in a tin already made.

Nurishment Extra—these come in different flavours in a bottle already made.



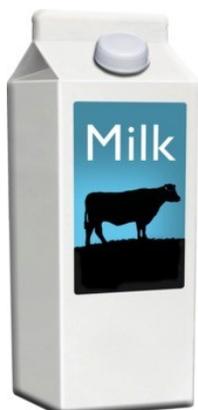
Meritene Energis Soup—chicken and vegetable flavour made with milk.

Glucose—this can be added to food or drinks to add calories.

Recipes made with nourishing drinks



You can try these different ways to use nourishing drinks. Just mix all the ingredients together in a blender.



Milk

Mix 4 tablespoons of powder with a little milk then stir in 1 pint of cold milk. Keep it in the fridge to use as milk in drinks like coffee, milkshakes and hot chocolate and on cereal.

You can also buy ready made milkshakes and add ice cream for extra energy.



Hot chocolate

200ml fortified milk

2 teaspoons of drinking chocolate

Double cream

Gently heat the milk

Mix in the hot chocolate and pour some double cream on top.



Fruit Flip

Half a sachet of vanilla Complian

150ml milk

75g tinned fruit in syrup



Banana milkshake

Half a sachet of vanilla Complian

150ml milk

Half a banana

1 scoop of ice cream

More recipes made with nourishing drinks



Apricot Appetiser

- 125g apricots
- 2 teaspoons honey
- 1oz sugar
- 200ml milk
- Pinch of cinnamon



After Eight

- Half a sachet of chocolate Complian
- 150ml milk
- Few drops peppermint essence
- 1 scoop ice cream



Strawberry Whip

- 1 strawberry yoghurt
- 200ml milk
- 4 teaspoons sugar
- 1 scoop ice cream



Strawberry Yoghurt Cooler

- Half a pot of yoghurt
- 150ml milk
- 75g tinned strawberries
- Teaspoon sugar or honey



Tomato Kick

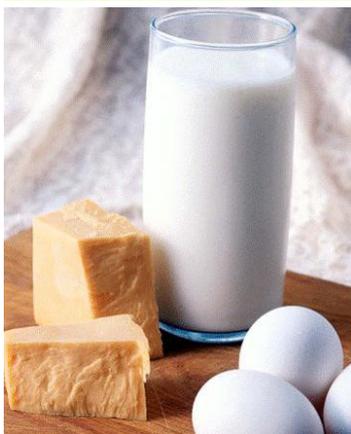
- 150ml tomato juice
- Few drops worcester sauce
- Half a pot of natural yoghurt
- Serve with ice



Pina Colada (non alcoholic)

- 125ml pineapple juice
- 125ml coconut milk
- 50g pineapple
- 1 teaspoons brown sugar
- Serve with ice

Foods to keep at home



Always buy:

- Full fat milk
- Full fat cheese
- Cream or evaporated milk
- Dried skimmed milk powder
- Nourishing drinks powders

These are some foods you might like to buy to keep at home:



In the cupboard:

- Long life milk, skimmed milk powder or nourishing drinks powders
- Breakfast cereal and porridge
- Jam, marmalade, peanut butter, lemon curd or honey
- Baked beans and tinned spaghetti
- Tinned meat and fish
- Packets and tins of soup and sauces
- Tinned fruit, vegetables and potatoes
- Packets of custard, mousse and jelly
- Angel delight or blancmange
- Tinned cream or evaporated milk
- Nibble snacks like nuts, crisps and sweets
- Dried fruit
- Biscuits
- Cakes
- Horlicks, Ovaltine or drinking chocolate



These are some more foods you might like to buy to keep at home:



In the fridge

- Full fat milk
- Eggs
- Yoghurt, fromage frais, crème caramel and desserts
- Cheeses
- Flan, quiche, pasties and pies
- Cooked meats
- Fruit juice



In the freezer:

- Ready-made meals like cottage pie, pizza, fishfingers and sausages
- Frozen vegetables
- Boil in the bag meals like cod in sauce
- Ice cream



Labels on food



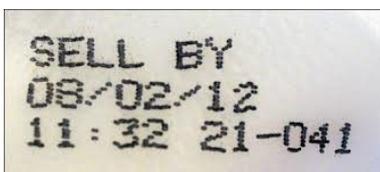
The **best before** date on food labels means that it may not taste as good after that date.



You should not use eggs after the best before date.



The **use by** date on food labels means you must not use it after that date.



The **sell by** date is just for the shop staff.
Labels might also say **display until**.



The important dates to look for are the **use by** and **best before** dates.

Drinking Enough



If you do not **drink** enough you can become ill. This is called **dehydration**.



An adult should have about 2 litres of drinks every day.



It is a good idea to drink about 6 or 8 glasses of tap water every day.

Older people can't always tell when they are thirsty so should always make sure they drink enough every day.



Drinking water is good for you because it:

- Can improve your blood pressure
- Makes your skin healthier
- Protects teeth and gums
- Helps you to sleep better
- Can stop you getting headaches
- Can stop you being constipated
- Can stop you getting water infections
- Can stop you feeling confused



Where to learn more



If you are worried about your health you can speak to your doctor or an expert on food and diet called a **dietitian**.



If you are worried about someone else you can contact the **Adult Access Team**



01305 221016



adultaccess@dorsetcouncil.gov.uk



For more information about food and health you can speak to



**Michelle Smith, Health Programme
Advisor, Dorset Public Health
01305 225703**



Michelle.smith@dorsetcouncil.gov.uk



For more information about food and health if you live in West Dorset call the **Dietitians at Dorset County Hospital**



01305 254415



dietetic.secretary@dchft.nhs.uk



For more information about food and health if you live in East Dorset call the **Dorset Healthcare University Foundation Trust**



01202 733323

Helping someone to eat well



If you are a carer, friend or relative there are lots of things you can do to help someone to eat and drink.



People like to feel clean, comfortable and relaxed before they eat.

You can help them to:

- Go to the toilet
- Wash their hands and brush their teeth
- Put their hearing aid in
- Put their glasses on
- Get any special cutlery they need



Make sure the dining room is clean.

Ask the person where they would like to eat.



Make sure there are no horrible smells or noises which might put them off their food.



Try putting on music instead of TV.

Helping someone to eat well



It is important to let people eat and drink by themselves if they can.

You can help the person to:



- Sit upright and be comfortable
- Take off wrappers and lids
- Cut up food
- Put butter on bread
- Peel fruit
- Move special cutlery so they can reach it



Some people will need more help to eat and drink.

You should:

- Sit with them
- Give small spoonfuls at a time
- Give them a drink while they eat
- Mix food with sauce so it is easy to swallow
- Give them lots of time.



Helping someone to eat well

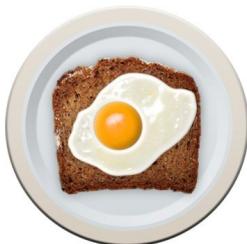


If someone is feeling poorly they may not feel hungry.

It is important that they try to eat something anyway.



You can help by being nice and friendly while they eat.



Give them a little bit of food at a time rather than a big plateful.



They might like snacks instead of big meals.



If someone would rather be on their own when they eat this is fine.



If they find it hard to swallow or cough when they eat the person should speak to their doctor about this.