

Many people who have advanced disease or cancer are worried by poor appetite and weight loss. This can be difficult for you and anyone looking after you. Your doctor or nurse can explain these symptoms and also why you may be fatigued or lack energy. It may not be possible to reverse these problems but the suggestions in this leaflet may help to improve your intake.

If you are in pain, feeling nauseous, have altered taste, sore mouth or problems with your bowels ask your doctor or nurse for more help.



Each day try to include

1 Pint of fortified milk

To fortify milk add 4 tablespoons dried milk powder to 1 pint of full fat milk.

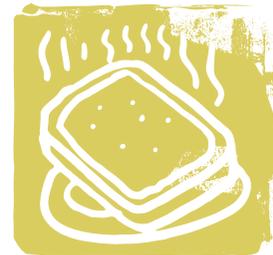
Use this in drinks, on cereal, in puddings, sauces, etc.

2 Nourishing snacks

If you can only manage small amounts at mealtimes try to have snacks in between meals too.

3 Fortified meals

Adding extra fat (butter, margarine, cream, etc.) or sugar to fortify meals.



Snack Suggestions

- Crackers with butter and cheese
- Sausage rolls, mini pork pies
- Biscuits
- Slice of cake
- Malt loaf with butter
- Scone with butter/cream and jam
- Chocolate bar
- Breakfast cereal and fortified milk
- Trifle, mousse, creamy yoghurt

Ideas to Fortify Meals

- Mash potatoes with butter and fortified milk or cream
- Add creamy sauces to fish or meat
- Add extra oil and cheese to pasta
- Add grated cheese on top of fish pie or shepherds pie
- Add a knob of butter or margarine to vegetables

Nourishing Drinks

Milkshake

200mls full fat milk
2 tablespoons dried
milk powder
1 scoop ice cream
2 tablespoons
milkshake powder

*Mix together
and whisk well
Chill and serve*

Fortified soup

200mls full fat milk
2 tablespoons dried
milk powder
1 packet of instant
soup
50 mls double
cream

*Empty soup powder
into mug
Add dried milk
powder*

*Warm milk and mix
with the powder
Add cream and
serve*

Fruit smoothie

200mls full fat milk
2 tablespoons dried
milk powder
Handful of your
favourite fruit
1 banana
1 pot full fat yoghurt
50mls double
cream

*Liquidise or whisk
all ingredients
together
Chill and serve*

Fruit yoghurt drink 200mls fresh fruit juice 1 pot (150g) of full fat fruit yoghurt

*Mix together
Chill and serve*

If you would like more help
ask your nurse or
request an appointment
with the dietitian

Produced by dietitians
working for the Leeds Hospices

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Advice if you have a small appetite

produced by dietitians working for the Leeds Hospices

