

Making Every Mouthful count Key Points

Diabetes and Nutrition Services Community Dietitians



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Boost the nutrition in your food without eating larger meals.

Fortifying your diet can help prevent weight loss and encourage weight gain. Once you reach your goals, you can return to your normal diet.

Key Tips:

- **Choose full-fat and full-sugar products:** Instead of "diet," "low fat," or "healthy eating" options, choose full-fat and full-sugar varieties, as these provide more calories.
- **Eat small meals often:** Smaller portions and snacks are easier to manage.
- **Add fats to savory foods:** Add butter, cream, cheese, mayonnaise, or oil to mashed potatoes, soups, or scrambled eggs.
- **Add sugars to sweet foods:** Add sugar, honey, jam, cream, or dried milk powder to porridge, rice pudding, or custard.
- **Serve meals with sauces:** Try rich gravy, cheese sauce, or white sauce with main meals, and custard, cream, or ice cream with desserts.
- **Drink nourishing fluids:** Drink fruit juice, smoothies, fortified milk, or milkshakes (see "Super Shakes" resource for recipes).
- **Have high-calorie snacks:** Snack on peanuts, dried fruit, or biscuits between meals (see "100 Calorie Boosters" resource for more examples).

Important Note for People with Diabetes:

- If you have diabetes, continue to choose sugar-free drinks. You can have a moderate amount of sugary foods as part of a fortified diet.
- Speak to your GP, nurse, or diabetes team for more information.

Fortify Your Milk:

- Add 2-4 heaped tablespoons of dried milk powder to one pint of milk and stir until dissolved.
- Keep refrigerated and use like regular milk on cereal, in tea or coffee, or as a drink.

Did You Know?

- An extra 500 calories per day can help you gain up to 0.5kg (1lb) per week!

We want you and the people who help you to understand what we send. If you need help with this letter or leaflet please tell us.



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