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# NOURISHING MEAL IDEAS



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MAKING A  
DIFFERENCE  
FOR YOU,  
WITH YOU

# NOURISHING MEAL IDEAS

This leaflet contains a collection of high protein, high calorie recipes and meal ideas for when your appetite is poor. Aim to eat little and often - three small meals with snacks and nourishing drinks in between.

## How to make "Fortified Milk"

Add 4 tablespoons (60g) of dried milk powder to 1 pint full cream/whole milk.

Use as a substitute for your normal milk

Provides: 570 calories, 38g protein

## NUTRITIOUS DRINKS

Aim to have a nutritious drink between meals rather than using them as a meal replacement. These are guidelines: check with your Dietitian for advice.

Make up the following drinks with 200ml hot fortified milk:

- Two tablespoons (30g) of malt drink powder- 311 calories, 16g protein
- Three teaspoons traditional cooking chocolate - 269 calories, 14g protein
- A sachet of instant cappuccino - 270 calories, 15g protein

Milkshake. Stir in 3 teaspoons instant milkshake powder to 200ml fortified milk.

Provides: 273 calories, 14g protein.

- Add ice cream – 85 calories, 1.5g protein per scoop
- Add a banana or 150g tinned fruit – ≈ 100 calories
- 150g full fat Greek yogurt – 200 calories, 7g protein
- Add double cream – 70 calories, 0g protein per tablespoon
- Add honey – 49 calories, 0g protein per tablespoon
- Peanut butter – 92 calories, 4g protein per tablespoon

(The above can also be added to fortify shop bought milkshakes)

Fruit crush. Two scoops fruit sorbet blended with 150g tinned fruit, two tablespoon honey, and mixed with:

- 200ml lemonade. Provides: 380 calories, 2g protein
- 200ml fruit juice. Provides: 450 calories, 3g protein

# BREAKFAST

Before fortification	After fortification
Cereal or muesli served with 1/3 pint semi-skimmed milk.  Provides: ≈ 250 calories, 11g protein	Cereal or muesli served with 1/3 pint fortified milk.  Provides: ≈ 350 calories, 17g protein
25g porridge oats/instant porridge made with 100ml semi-skimmed milk.  Provides: 150 calories, 8g protein	25g porridge oats/instant porridge made with 100ml fortified milk.  Provides: ≈190 calories, 11g protein
Two medium eggs scrambled.  Provides: 176 calories, 15g protein	Two medium eggs whisked together with one teaspoon butter and two teaspoons single cream and scrambled.  Provides: 272calories, 16g protein

Add the following to your cereal, muesli, or porridge for extra calories:

- sugar - 25 calories per teaspoon
- honey or golden syrup - 49 calories per tablespoon
- 25g seeds of your choice - 150 calories
- 30g raisins - 90 calories, 0g protein

Serve scrambled eggs with:

- 1 slice thickly buttered toast – 175 calories
- 1 thickly buttered English muffin – 235 calories
- Two rashers bacon fried in 1 teaspoon butter – 160 calories, 12g protein



## LIGHT MEALS

**A slice of thickly buttered toast or bread** provides: 175 calories, 3g protein

- Add 50g sliced cheese and grill - 171 calories, 12g protein
- Add half a tin of sardines - 61 calories, 11g protein
- Add 200g baked beans and 30g grated cheese - 252 calories, 17g protein
- Add one egg mixed with ½ tablespoon mayonnaise - 106 calories, 7g protein
- Add 30g Brussels sprouts - 90 calories, 4g protein

**Jacket potato with two teaspoons butter** provides: 275 calories and 5g protein

- Add 200g baked beans – 164 calories, 10g protein
- Add 30g grated cheese – 125 calories, 8g protein
- Add 100g coleslaw – 195 calories, 1g protein

**250g mashed potato** provides: 230kcal, 4g protein

- Add 25g butter – 185 calories, 0g protein
- Add 1 tablespoon double cream – 74 calories, 0g protein
- Add 1 tablespoon pesto – 75 calories, 3g protein
- Add 30g grated cheese – 125 calories, 8g protein

Serve 250g of fortified mashed potato with the following:

- 200g baked beans and a sausage. In total provides: 740 calories, 31.4g protein
- 100g tinned stewed steak or mince and onions and 60g buttered carrots. In total provides: 606 calories, 24.7g protein
- Half a tin Ratatouille sprinkled with 30g cheese and 25g crushed nuts/seeds.
- In total provides: 825 calories, 17g protein

**Cream of tomato soup.** Mix one tin of condensed cream of tomato soup with 200mls fortified milk. Makes two servings. Other condensed soups can be made up the same way: provides 290kcals, 13g protein

- Add 30g grated cheese – 125 calories, 8g protein
- Add 1 tablespoon double cream – 74 calories, 0g protein
- Add 25g croutons – 115 calories, 0g protein
- Add 40g cooked macaroni – 144 calories, 5g protein
- Add 100g beans (e.g. butter, cannellini, kidney) – 80 calories, 6g protein

**Cup a soup** before fortification provides: 90 calories, 1g protein.

- Instead of water use 1/3 pint fortified milk - 280 calories, 15g protein

To fortify **curry sauce**:

- Add 100mls sour cream – 195 calories, 2g protein
- Add 100mls coconut milk – 180 calories, 1g protein
- Add 100mls Greek yogurt – 135 calories, 5g protein

**Ready meals** are very useful to have on standby if you are short for time or not feeling up to preparing a meal. Higher calorie choices include:

- Lasagne – 485 calories, 23g protein
- Fish pie – 410 calories, 24g protein
- Pasta bakes – 500-700 calories, 20-40g protein
- Chicken korma and pilau rice – 895 calories, 48g protein
- Mushroom and spinach risotto – 500 calories, 12g protein
- Three bean enchiladas – 685 calories, 22 g protein

**Fortified cheese sauce.** Melt 40g butter in saucepan and stir in 40g plain flour. Cook for 1-2 minutes. Take off heat and gradually stir in one pint fortified milk until smooth. Return to the heat and bring to the boil. Simmer gently 8-10 minutes. Take off heat, season and stir in 80g mature cheddar. Serves 4. Can be used as a sauce for vegetables, fish, or pasta bakes. Fortify shop bought or instant cheese sauce with cream, cheese, and milk. Provides: 337 calories, 15.5g protein per portion

**Macaroni cheese.** Fry two slices of chopped bacon in one teaspoon butter and add to half a tin of macaroni cheese. Sprinkle with 30g cheddar and serve with a grilled tomato. Provides: 465 calories, 23.9g protein

**Ham, mushroom and cheese omelette** made with 2 eggs, 100g mushrooms, sliced ham, and 4 tablespoons grated cheese. Serve with a few buttered new potatoes. Provides: 503 calories, 25g protein

**1 pitta bread** cut into strips, dipped in 50g hummus provides: 330kcal, 11g protein

**1/4 of quiche** (100g) with a tablespoon of coleslaw provides: 400 calories, 12g protein.

**Egg and cheese muffin** – (half a toasted muffin with butter, a large poached egg and 15g grated cheese on top) provides: 285 calories, 15g protein

**Small cheese pizza** with 30g grated cheese provides: 390 calories, 20g protein

# PUDDINGS

**150g Greek yogurt** provides: 135calories, 9g protein

- Add 25 crushed nuts – 150 calories, 5g protein
- Add 1 tablespoon honey – 49 calories, 0g protein
- Add ¼ - ½ tin fruit in syrup – 100-200 calories, 0g protein

**Half a tin of rice pudding** provides: 96 calories, 6g protein.

- Add 1 tablespoon skimmed milk powder – 57 calories, 5g protein
- Add 1 tablespoon double cream – 74 calories, 0g protein
- Add 1 tablespoon jam – 42g protein, 0g protein

**Instant whip pudding.** Make up the instant whip with 150ml fortified milk and blend in 150ml double cream and leave to set. Serves 4. Provides: 280 calories, 4g protein

- Add 25g crushed nuts – 150 calories, 5g protein
- Add squirty [aerosol] cream – 43 calories, 0g protein

**Fortified custard.** Whisk a 76g pack of custard powder in with ¾ pint hot fortified milk until smooth. Serves 4. Provides 186 calories, 8g protein.

- Add 1 tablespoon double cream – 74 calories, 0g protein
- Add one medium sliced banana – 100 calories, 0g protein
- Add ¼ - ½ tin fruit in syrup – 100-200 calories, 0g protein
- Add 1 small jam tart 125 calories, 1g protein
- Fruit pie - 200 calories, 3g protein



**Fortified jelly.** Make up a pack of jelly with 200ml fortified milk and 350ml of evaporated milk. Serves 4-6. Provides: 195- 295 calorie, 8-12g protein

**Yogurt dessert.** Mix 150ml thick and creamy fruit yogurt with a scoop of ice cream and one tablespoon double cream and chill.

Provides: 314 calories, 9g protein

**Fortified Mars Bar dessert.** Gently heat 150ml double cream with 30g milk powder until dissolved. Add two chopped Mars Bars to the cream and continue to stir gently until all the Mars Bar pieces are melted. Pour into 3 small dessert bowls and chill. Serves 3. Provides: 488 calories, 6g protein

**Bread and butter pudding.** Take two slices of bread and cut each in to 4 triangles. Arrange in a dish and sprinkle with 50g dried fruit and mixed spices. Mix two beaten eggs and 25g sugar into 280ml fortified milk and pour over the bread. Bake for 45 minutes at 170°C/ Gas Mark 3. Serves 2.

Provides: 468 calories, 17g protein

**Individual supermarket sponge pudding** served with one scoop ice cream.

Provides: 445 calories, 5g protein



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