

Produced by the Midlands Partnership University NHS Foundation Trust (MPFT) Adults Dietetics Service

Using food to treat unintentional weight loss/poor appetite



Nourishing foods and drinks are an easy way to get additional calories into your diet. The advice in this leaflet can benefit you if you have a small or reduced appetite. It can also help you if your nutritional needs are higher than usual due to an illness or after surgery.

The below recipes have ingredients and methods listed. You can also watch videos on how to make each of these recipes on our YouTube playlist:

www.staffsstokeics.org.uk/MPFTRecipePlaylist

How to make fortified milk:



Add 4 tablespoons of milk powder to 1 pint of whole milk and stir well. This can be used as a per regular milk.

1 pint of fortified milk contains **600 calories** and **40g protein**

<https://youtu.be/IJSL2ILVSvQ>



Did you know...

The average milk-based supplement drink available on prescription contains **300 calories** and **12g protein**? Half a pint of fortified milk contains the same amount of calories and a third more protein, and it's easy and cheap to make at home!

These easy and nutritious homemade drinks have around the same amount of energy and protein in as prescribed nutritional supplements.

Fortified hazelnut chocolate milkshake



100ml full fat milk
2 tablespoons milk powder
1 scoop ice cream
1 tablespoon double cream
3 tablespoons chocolate hazelnut spread

- Add all ingredients to a blender and blend until smooth

This recipe will provide you with **335 calories** and **12.2g of protein**

<https://youtu.be/cCUuvFvQ00Y>

Fortified hot chocolate drink



200ml full fat milk
2 tablespoons milk powder
1 tablespoon double cream
2 tablespoons chocolate hazelnut spread

- Mix the milk and the powder in a microwavable mug until smooth then heat in the microwave for 90 seconds
- Add the chocolate hazelnut spread and heat for another 30 seconds in the microwave
- Stir in the double cream and enjoy

This recipe will provide you with **452 calories** and **15.6g of protein**

<https://youtu.be/PzquESnQ4XQ>

Super shakes



The flavours can be substituted to foods or fruits of your choice to make them more appetising. A few ideas of milkshake recipes could include:

Mocha milkshake

- 100ml of full fat milk
- 2 tablespoons dried skimmed milk powder
- 1 scoop of ice cream (vanilla or chocolate)
- 1 tablespoon double cream
- 1 tablespoon hot chocolate powder
- Half a teaspoon instant coffee dissolved in 1 tablespoon of boiling water
- Add all ingredients to the blender and start blending

This recipe will provide you with **259 calories** and **9.6g of protein**

Strawberry milkshake

- 100ml full fat milk
- 2 tablespoons dried skimmed milk powder
- 2 scoops of ice cream (strawberry or vanilla)
- 1 tablespoon double cream
- 2 tablespoons strawberry milk powder
- Add all ingredients to the blender and start blending

This recipe will provide you with **346 calories** and **10.9g of protein**

Banoffee pie milkshake

- Half a ripe banana
- 1 digestive biscuit crumbled and soaked in 100ml of full-fat milk for 15 mins beforehand
- 2 tablespoons dried skimmed milk powder
- 1 scoop of ice cream (vanilla)
- 2.5 tablespoons caramel sauce
- Add all ingredients to the blender and start blending

This recipe will provide you with **533 calories** and **16.7g of protein**

Super shake recipes: <https://youtu.be/PdfFZYr76dM>

Fortified dairy free milk

TIP – choose a plant-based milk that has a **120mg of calcium** in it to help promote strong bones.



Dairy free fortified milk can be drunk on its own or used to make nourishing milk drinks, or added to other foods.

It is a useful recipe for someone who is vegan or avoids cow's milk for any reason.

Plant-based milk could be oat milk, soy milk or almond milk.

Plant protein powders could be pea protein isolate, soya, hemp, rice or flaxseed.

1 pint of plant-based milk

6 tablespoons pea protein isolate

- Add the plant-based protein powder to a jug or bowl
- Add a small amount of the plant-based milk to the protein powder and stir with a spoon to form a smooth and runny paste. This prevents the mixture from going lumpy
- Slowly add the rest of the plant-based milk, stirring all the time until the powder is dissolved
- Cover and place in the fridge until you need it

Keep fortified milk in the fridge and use throughout the day instead of your normal milk.

Plant milks vary in their protein content and oat milk is one of the ones with the highest protein content.

If you choose to add pea protein isolate powder for example, you will increase the calorie content from around **360 calories to 600 calories** and protein content from **7g to 55g**.

<https://youtu.be/vQ-EGntuL4>

Boost your calories and protein in puddings and meals by adding any of these 100 calorie boosters



Savoury toppings

- 1 tablespoon peanut butter
- 1 tablespoon mayonnaise
- 1 tablespoon butter
- 2 tablespoons houmous

Sweet toppings

- 2 tablespoons jam
- 2 tablespoons honey or syrup
- 2 tablespoons lemon curd
- 1 tablespoon chocolate spread

Dairy

- 25g grated cheese
- 1 scoop ice cream
- 1 heaped tablespoon double cream
- 30ml condensed milk

Fortified custard



- Half a tin of custard
- 2 tablespoons skimmed milk powder
- 2 tablespoons double cream

- Add half a tin of custard to a microwave safe bowl
- Heat in the microwave, according to the instructions on the tin. You can also heat this on the hob if you prefer
- Once cooked, add in one heaped tablespoon of skimmed milk powder and mix well until fully dissolved. Repeat this step with another heaped tablespoon of skimmed milk powder
- Finally, stir in the double cream

This recipe can also be made using homemade custard by following the steps above after the custard is cooked.

You can add this custard to cakes and puddings or stewed fruit.

By adding the skimmed milk powder and cream to your custard you have increased the calorie content from around **190 calories to 440 calories** and also increased the protein content from around **6g to 16g**.

<https://youtu.be/WC76XjY0DSc>

Fortified rice pudding



Half tin of rice pudding

2 tablespoons skimmed milk powder

2 tablespoons cream

1 tablespoon jam

- Add half a tin of rice pudding to a microwave safe bowl
- Heat in the microwave according to the instructions on the tin. You can also heat this on the hob if you prefer
- Once cooked, add in one heaped tablespoon of skimmed milk powder and mix well until fully dissolved. Repeat this step with another heaped tablespoon of skimmed milk powder
- To finish, add the double cream and finally the jam

This recipe can also be made with homemade rice pudding by following the steps above after the rice pudding is cooked.

You could also try different toppings, such as honey and banana or grated chocolate melted in.

By adding the skimmed milk powder cream and jam to your rice pudding you have increased the calorie content from around **185 to 495 calories** and also increased the protein content from **6g to 16g**.

<https://youtu.be/NujKk8P3UEw>

Fortified soup



Half tin of tomato soup (or your favourite flavour)

2 tablespoons milk powder

2 tablespoons double cream

- Add half a tin of soup to a microwave safe bowl
- Heat in the microwave according to the instructions on the tin. You can also heat this on the hob if you prefer
- Once cooked, add in one heaped tablespoon of skimmed milk powder and mix well until fully dissolved. Repeat this step with another heaped tablespoon of skimmed milk powder
- Finally, stir in the double cream

This recipe can also be made with homemade soups or packet soups and different flavoured soups. You could also serve a slice of bread on the side enjoyed with a generous amount of butter or cream cheese.

By adding in the skimmed milk powder and the cream to your soup you have increased the calorie content from around **100 calories to 350 calories** and also increased the protein content from around **2g to 12g**.

<https://youtu.be/L2uOcDq7MLU>

Fortified porridge



4 tablespoons porridge oats

Half pint fortified milk (recipe on page 1)

- Add the porridge oats into a microwave safe bowl with half a pint of fortified milk and stir to mix thoroughly
- Heat in the microwave according to the instructions on the packet. You can also heat this on the hob if you prefer
- Once cooked, stir and allow to cool slightly before eating

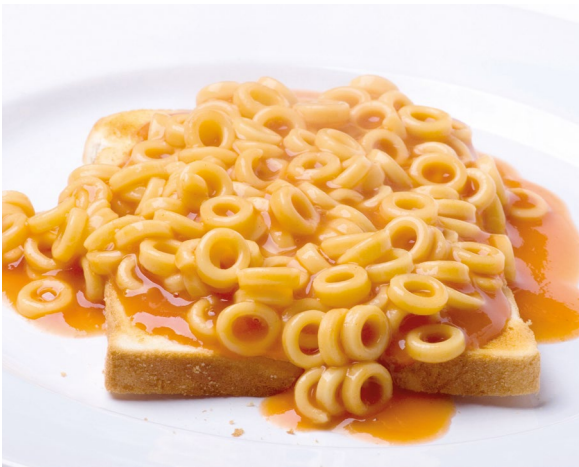
You can add a topping if you would like to, such as fruit, cream, syrup or sugar.

Fortified milk can also be used to make instant porridge.

By adding the fortified milk to your porridge you have increased the calorie content from around **150 to 450 calories** and also increased the protein content from around **4g to 24g**.

<https://youtu.be/Mb7i9M3jGtY>

Fortified spaghetti hoops



Half tin of spaghetti hoops

25g cheese

25g butter

- Add half a tin of spaghetti hoops into a microwave-safe bowl
- Heat in the microwave according to the instructions on the tin. You can also make this on the hob if you prefer
- Once cooked, add in the butter and mix well until melted
- Add the cheese on top before serving, or you can mix this in if you prefer

You can enjoy this as a nutritional snack, or you could add a slice of generously buttered toast or a jacket potato.

By adding in the extra butter and cheese to your spaghetti hoops you have increased the calorie content from around **106 calories to 320 calories** and also increased the protein content from around **3.5g to 10g**.

<https://youtu.be/MmG1dtcwpkQ>

Fortified macaroni cheese



Half tin macaroni cheese

25g cheese

25g butter

- Add half a tin of macaroni cheese into microwave safe bowl
- Heat in the microwave according to the instructions on the tin. You can also heat this on the hob if you prefer
- Once cooked, add in the butter and mix until melted
- Add the cheese on top before serving, or you can mix this in if you prefer

You can enjoy this as a nutritional snack, or you could add a slice of generously buttered toast or a jacket potato.

By adding in the extra butter and cheese to your spaghetti hoops you have increased the calorie content from around **175 calories to 400 calories** and also increased the protein content from around **7g to 13g**.

https://youtu.be/wgTj7AV_3rQ

Fortified shepherd's pie



Ready-made shepherd's pie

25g cheese

25g butter

- Cook the shepherd's pie according to the instructions on the packet
- Once cooked, add the butter to the top and leave to melt
- Add the cheese on top before serving

You can use ready-made fresh or frozen shepherd's pie for this recipe, or homemade recipes that are freshly cooked or being reheated.

By adding in the extra butter and cheese to your shepherd's pie you have increased the calorie content from around **350 calories to just under 580 calories** and also increased the protein content from around **15g to 21g**.

<https://youtu.be/VDO3EcnSoQI>

All recipes can be found on our YouTube playlist:

www.staffsstokeycs.org.uk/MPFTRecipePlaylist

Try following the advice provided for 4 weeks. If you are still losing weight or continue to be concerned about your nutritional intake, please speak to your GP, healthcare professional or pharmacist.

