

Dietary advice to prevent weight loss in patients following a South Asian diet

Dietetics

Information for Patients

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If you have a poor appetite, it is best to aim to meet your nutritional needs through ordinary food and fluids. We call this approach food first.

There are **4 ways** to increase the calorie and protein in your diet:

1. Regularly having milky drinks
2. Food fortification: adding ingredients with high nutritional content to your food without increasing food portion size
3. Snacks between meals,
4. Eating and drinking little and often
5. Choosing high calorie and high protein foods/fluids

Food fortification adds calories and protein content to your diet. This will not increase the size of your meal. But it will help with weight gain and help to meet your nutritional needs.

This information leaflet has ideas on nourishing snacks, drinks and tips on how to increase the calorie and protein content of your food.

Please use lactose free products if you have lactose intolerance.

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Regularly having milky drinks

Having milky drinks can be useful to get extra protein and calories for you to gain weight.

Fortified milk*:

1. Take 500ml of full cream or whole milk.
2. Add 4 tablespoons (40g) of skimmed milk powder to a small amount of milk and mix to a paste.
3. Add the remaining milk from the 500ml.
4. Store in the fridge.
5. Use throughout the day in tea, coffee, milky drinks, porridge, cereals, puddings, soup and recipes containing milk.

Falooda

1. 200ml full fat milk
2. 1 tbsp dried skimmed milk powder
3. 1-2 tbsp rose syrup
4. 1 scoop ice-cream
5. Jelly (grated)/ Jello
6. Basil seeds chia seeds
7. 1 tbsp chopped nuts e.g. pistachio/ cashews/pecans

Masala chai

1. 200ml full fat milk
2. 1 tbsp dried skimmed milk powder
3. 1 tsp masala spices
4. 1-2 tsp vanilla syrup (optional)
5. 1 tsp evaporated milk
6. 1 tsp condensed milk

Mango lassi

1. 100ml fortified milk*
2. 200ml full fat yoghurt
3. 100-150g chopped mango
4. 3 tsp sugar

You can also try malted milk drinks, coffee made with fortified milk, fresh fruit juice or milk on its own. These drinks will give you more energy and protein than teas and coffees made with water or cordial/squash.

Food fortification

How to fortify your meals	Meal ideas
<p>Matchbox size piece of hard cheese (30g) adds an extra 125 calories and 7.5 g protein</p> <p>(Melted cheese might not be suitable for people with swallowing concerns)</p>	<ul style="list-style-type: none"> • Grated cheese with mashed potatoes, soup or baked beans • Melted cheese on toast • Add to white sauces for pasta • Add grated cheese to jacket potato, pie, pastry or pasta
<p>2 teaspoons of butter (10g) adds an extra 70 calories</p>	<ul style="list-style-type: none"> • Add butter to kitcheri, potatoes, vegetables, curries • Spread thickly on bread, roti or toast • Add to white sauces • Add on pasta or spaghetti
<p>1 teaspoon (5g) of ghee adds an extra 44 calories</p>	<ul style="list-style-type: none"> • Mix extra into kitcheri • Add to dhals or curries • Spread on chapattis, thepla, paratha or naan bread
<p>1 tablespoon (12g) of cooking oil like olive, vegetable, sunflower oil adds an extra 108 calories</p>	<ul style="list-style-type: none"> • Add to potatoes or vegetables • Add extra to stews, curries, dhals, soups or on roasted vegetables • Fry or roast foods instead of grilling or baking • Add an oil based dressing to salads
<p>1 tablespoon (15mls) of single cream adds an extra 30 calories and double cream (15mls) adds 65 calories.</p>	<ul style="list-style-type: none"> • Add to mashed potato, soup, dhal, creamy curries • Add to puddings and yoghurts or with fruit • Add into drinks like coffee, chai, hot chocolate, malted drinks, smoothies, lassi or milk shakes • Add to breakfast cereals
<p>2 tablespoons (30mls) of evaporated milk adds an extra 45 calories</p>	<ul style="list-style-type: none"> • Add into desserts like jelly, kheer, sooji, hawa, etc. • Add into breakfast cereals, porridge and soups • Use in drinks as an addition or to replace milk

Ways to fortify meals...	Meal ideas...
1 tablespoon (10g) of dried skimmed milk powder adds an extra 35 calories and 3.5g protein	Add into creamy yogurt and puddings (kheer, sooji, halwa)
1 tablespoon (55g) of Greek yogurt adds an extra 73 calories and 3g protein	<ul style="list-style-type: none"> • Serve extra at mealtimes with curry and chapatti / rice • Use it to marinate meat for meat curries • Add to milkshakes and smoothies • Add to desserts • Eat on its own
1 heaped teaspoon (6g) of sugar adds an extra 25 calories	<ul style="list-style-type: none"> • Breakfast cereals • Add into drinks like chai, coffee, sweet lassi, milkshakes • Add to puddings like kheer, sooji or fruit
1 heaped teaspoon (18g) of jam adds an extra 45 calories	<ul style="list-style-type: none"> • Add generously to bread or toast • Add to porridge oats • Add to puddings like rice pudding or sponge puddings
1 heaped teaspoon (17g) of honey adds an extra 50 calories	<ul style="list-style-type: none"> • Add to breakfast cereals or porridge • Add onto yoghurt or puddings • Add into milkshakes, smoothies or drinks • Spread on toast or bread

Try not to eat low fat, 'lite' or diet food products and use more high fat foods. This will increase the calorie content of your food when your appetite is poor.

Breakfast meal

Creamy porridge (230 calories)

1. 25g porridge oats
2. 100ml fortified milk*
3. 1 tablespoon single cream
4. 1 heaped teaspoon sugar
5. (you can use Ready Brek as well)

Scrambled egg (275 calories)

1. 2 eggs
2. 1 teaspoon butter
3. 1 tablespoon fortified milk *
4. 1 tablespoon double cream



Cheesy beans (370 calories)

1. 135g baked beans (1/3 of a large tin)
2. 30g hard cheese
3. 1 medium slice of toast
4. 10g butter

Creamy yoghurt and honey (200 calories)

1. 125g pot of Greek yoghurt
2. 1 heaped teaspoon of honey or some fruits



Other breakfast ideas:

- Toast with butter and jam (or peanut butter, marmite, cheese spread, honey)
- Fruit juice – sweetened
- Fruit smoothie
- Soft breads such as brioche, crumpets or muffins (butter and jam could be added)
- Pastries like croissant, pain au chocolat
- Breakfast cereals made with fortified milk
- Egg on toast
- Vegetarian 'fry-up'
- Dhokla
- Tea with paratha / toast / rusks
- Tea and Chevra / Ganthia / Sev / Sev Mamra / bhusu

Light meal ideas

Jacket or mashed potato with a choice of filling:

- Cheese
- Baked beans
- Tuna and mayonnaise
- Egg mayonnaise
- Butter
- Spicy chicken / veg / paneer



Sandwiches with a choice of filling:

- Tinned fish
- Cheese or paneer
- Egg
- Peanut butter (smooth or crunchy)
- Jam / butter / honey

Add mayonnaise, salad cream or spicy pickles to increase the calories and enhance flavour

Toast with either:

- Sardines in tomato sauce
- Curried Paneer (30g)
- Baked beans
- Curried Egg and mango pickle
- Hummus




More light meal ideas:

- Bhajia, samosa, spring rolls
- Chaat
- Dhokla
- Quiche
- Omelette
- Patra
- Thepla
- Handvo
- Soups (add cream, cheese or milk powder)

Main meal ideas

- Kitcheri
- Kadhi
- Meat, fish or vegetable curry
- Macaroni or cauliflower cheese
- Soup
- Meat or vegetable stews/ casseroles
- Fish or chicken in a creamy/butter sauce

Nourishing snack ideas

Savoury snacks	Sweet snacks
Dhokla	Biscuits
Egg mayonnaise or cheese on soft bread or crackers	Instant whip desserts made with whole milk or fortified milk *
Crisps, Chevro, Gathiya	Jelly made with milk
Cubes of cheese	Buttered tea cake / rusk
Avocado or dips like hummus, guacamole, sour cream	Biscuits (chocolate covered or cream filled are best)
Nuts	Kulfi
Bhaji, samosa or pakora	A bowl of kheer, custard, trifle, mousse, crème caramel or thick and creamy yogurt
	Slice of cake or cheesecake, chocolate mini roll, malt loaf with butter, scone with jam and cream, muffins
	Glass of fruit juice or milk

People with diabetes

It is important that your diet has plenty of protein and energy to prevent weight loss. You should also have plenty of nourishing foods. It is important to aim for your blood sugars to remain at an acceptable range. For more information contact your diabetes specialist nurse, dietitian or doctor for more support.



Contact details

Nutrition and Dietetic Service: 0116 248 5400

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Previous reference: LND5115

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