



How to optimise your nutrition

A guide for patients

Why is it important?

Maintaining good nutrition is important for:

- ▀ adequate energy and concentration
- ▀ a strong and healthy immune system
- ▀ efficient wound healing and
- ▀ preventing weight loss.

This is especially important if you are underweight, losing weight without trying or have a poor appetite.

Good nutrition can be achieved through a nourishing, **high energy and protein diet**.

To maintain or increase your weight:

- ▀ aim for **small frequent meals** i.e. 6 small meals a day may be easier to manage
- ▀ keep your **favourite foods** in the cupboard or fridge so they are always ready for you, and have regular snacks
- ▀ eat when you are **hungry**
- ▀ if you don't feel hungry, **eat by the clock** and set an alarm for each meal or snack time to remind you to eat something
- ▀ keep **ready-to-eat** meals and snacks handy for those times you don't feel like cooking (e.g. frozen meals, nuts, cheese or tinned soup)
- ▀ replace low nutrient and energy drinks like tea and coffee, with **nourishing fluids** like milk, milkshakes, smoothies, juice and cordial
- ▀ **make meal times pleasant** by cooking with friends, preparing special dishes and your favourite foods.

High protein and energy foods

Try to include a protein rich food at each meal, such as:

- ▀ chicken
- ▀ meat
- ▀ eggs
- ▀ fish
- ▀ seafood
- ▀ cheese
- ▀ yoghurt
- ▀ milk
- ▀ legumes and tofu
- ▀ nuts
- ▀ ice cream and custards
- ▀ nourishing fluids (see later for recipes)

How to add more protein and energy to your food

- ▀ Skim milk powder adds protein and is cheap. Try adding skim milk powder to:
 - milk
 - scrambled eggs
 - soups
 - gravies
 - smoothies or milkshakes
 - minced meat (patties, meat loaf etc)
 - casseroles
 - hot or cold cereals
 - desserts e.g. custards, puddings.
- ▀ Use milk (instead of water) to make porridge and other hot cereals, soups, cocoa, milo and puddings.

- Use evaporated milk in cocoa, soups, puddings and other recipes.
- Use sour cream or yoghurt on vegetables and fruit or in gravy.
- Use sour cream as a dip for vegetables.
- For a good dessert, scoop sour cream onto fresh fruit, add brown sugar and let it sit in the fridge for a while.
- Add whipped cream to pies, fruit, puddings, hot chocolate and jelly.
- Add grated cheese or chunks of cheese to sauces, vegetables, soups, casseroles and mashed potato.
- Add canned tuna, diced meat or sliced boiled eggs to sauces. Serve it over rice, cooked noodles or buttered toast.
- Add finely diced meat or chicken to pasta sauce, soups and casseroles.
- Add extra butter, margarine or oil to toast, cooking etc.

Breakfast suggestions

- Porridge made with nourishing milk (add 1 tablespoon skim milk powder).
- Ready to eat cereals with milk and honey or sugar.
- Baked beans and cheese on buttered bread.
- Canned apple, peaches, pears with yoghurt or cream.
- Lean bacon and eggs scrambled, poached, boiled, omelette).
- Poached fish with white sauce.
- Cheese or cottage cheese on bread .
- Bread, muffins, crumpets or English muffins served with butter or margarine, marmalade, jam, peanut butter or honey.

Lunch and dinner suggestions

- Scrambled eggs with chopped ham, mushrooms or chives.
- Poached eggs baked with cheese and tomato topping.

- Omelette.
- Macaroni cheese.
- Toasted sandwiches with ham, cheese, tuna, eggs, avocado etc.
- Fish grilled in lemon juice and butter or steamed/poached with a creamy sauce.
- Beef or lamb casserole with potato, carrots and cream.
- Quiche filled with ham, cheese, spinach, corn etc.
- Pita bread pizzas topped with meat, cheese, ham and vegetables.
- Chicken in gravy or white sauce.
- Chicken and egg pie with mashed potato topping.
- Irish stew.
- Savoury mince.
- Meatballs or meat sauce with spaghetti or noodles.

Snack suggestions

Sweet	Savoury
<ul style="list-style-type: none"> Baked custard Creamed rice Jelly Ice cream Yogurt Cakes, muffins and biscuits Stewed or canned fruit with custard, ice cream or yoghurt Trifle Cold lemon soufflé Cheesecake Nourishing fluids Dairy dessert 	<ul style="list-style-type: none"> Creamed soups Canned or packet soups made with milk Sandwiches made with deli meat, eggs, fish, cheese, dip, avocado, peanut butter, banana Crackers with cheese or dips Baked beans Omelettes Tuna or salmon patties English muffins with margarine

How to make nourishing fluids

Fortified milk

Ingredients

2 tbsp skim milk powder/Sustagen/Ensure
1 cup full cream milk
Flavouring if desired
(e.g. Milo, Ovaltine, coffee, strawberry, vanilla, chocolate)

Method

Mix skim milk powder or Sustagen with a cup of milk. Serve cold or warm with different flavourings.

Fruit smoothie

Ingredients

2 tbsp skim milk powder, Sustagen or Ensure
1 scoop ice-cream
1 cup milk
1 whole banana or ½ cup tinned peaches, apricots or fruit of choice

Method

Add all ingredients together, mix well in a blender and serve.

Spider

Ingredients

1 can of lemonade, use diet lemonade if you are diabetic
2 scoops ice cream

Method

Mix ice cream with lemonade in a large glass and serve immediately.

Fruity yogurt drink

Ingredients

½ cup chilled pineapple juice, apricot or peach nectar
½ cup chilled plain yoghurt

Method

Blend yoghurt together with pineapple juice. Add ice cubes and serve .

Milkshake

Ingredients:

1 cup full cream milk
1 scoop ice-cream
Flavouring if desired

Method

Blend milk and ice-cream using a blender or egg beater. Add flavouring and mix. For extra protein add skim milk powder, Sustagen or Ensure

Banana smoothie

Ingredients

½ cup plain yoghurt
½ cup milk
1 banana

Method

Blend well in a blender until it is smooth and creamy in consistency. Serve sprinkled with nutmeg or chocolate powder.

These recipes are just some suggestions to get you started. Feel free to experiment with different ingredients, fruits and flavours to suit your liking.

Where can I buy nutritional products?

Ensure



Sustagen Hospital Formula



Sustagen Ready-to-drink



These products are in powder form and can be used in some recipes in place of milk powder. They can also be made up with milk or water to make a nourishing drink. Both are available from any pharmacy.

This product is sold in tetra packs and is ready to drink. It can be purchased from your local supermarket and is available in various flavours.

Notes

Name: _____ Date: _____

Contact

Dietitian: _____

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