

# Eat well get better whilst in hospital



Providing support for patients and their families

# EAT WELL GET BETTER

For whatever reason you are in hospital it is very important to eat well to aid your recovery.

**Therefore if you have lost:**

- Weight unintentionally
- Your appetite
- Interest in food

The following suggestions may help.

## How To improve Your Appetite!

**Remember the less you eat, the less you want to eat so try and stimulate your appetite by:**

- Eating little and often
- Never miss a meal – try to have something, even if it is just soup, bread and butter or a pudding it's better than nothing
- Concentrate on trying to manage a few mouthfuls.

## Milk is BURSTING with goodness

- Always ask the nurse or hostess for full cream milk – Have a hot or cold glass of milk between meals.
- Use full cream milk in tea, coffee, hot chocolate, Ovaltine and Bournvita instead of water.

## Sugar contains LOTS of energy

- Sprinkle it on your breakfast cereals and in your hot drinks.
- Use plenty of jam or marmalade – ask the nurse/hostess for them to:
  - Spread thickly on your toast or bread
  - Add jam or marmalade to milky puddings
- Suck on boiled sweets or mints - Excellent for dry mouths.

## **IF YOU HAVE DIABETES, PLEASE ASK TO SEE THE DIETITIAN IF YOU ARE UNSURE ABOUT WHAT YOU SHOULD BE EATING.**

### **Butter and Margarine contain LOTS of energy**

- Spread thickly on toast or bread
- Ask the hostess for extra butter or margarine portions and melt on vegetables or mix in with mashed potato.

### **Have a snack between meals**

#### **Please ask the nurse or hostess for the following items:**

- Biscuits
- Thick and creamy yoghurts
- Cheese and biscuits
- Bowl of cereal with full fat milk and sugar
- Toast with lots of butter/margarine and or jam/marmalade
- Ice-cream or jelly and ice-cream or tinned fruit and ice-cream or custard
- Build Up soup – Chicken or Mushroom or Potato and Leek or tomato or Vegetable flavour.

#### **Always try and have a pudding after your meal. Try these yummy puddings:**

- Milky pudding e.g. rice pudding, thick and creamy yoghurt, custard with tinned fruit.
- Sponge cake/pie/crumble and custard or ice-cream.
- Jelly or tinned fruit with ice-cream or custard.
- Cheese and biscuits.

## If your family or friends wish to bring in food and drink for you, here are some ideas that may be helpful:

- Milkshake/yoghurt drinks, fizzy pop e.g. lucozade, lemonade, ordinary squashes or cordial, fruit juice.
- Crisps, sandwiches, pancakes, teacakes, scones, crumpets.
- Cakes, mini-swiss rolls, sweet and savoury biscuits, cereal bars, chocolates, chocolate fingers, muffins, sweets and honey.
- Full fat fromage frais, yoghurt, mousse, custard, fruit fools, trifle, rice pudding, sundaes, double cream to use on puddings.
- All foods brought in that need to be kept cold, need to have your name and a use by date on them and must be kept in the ward fridge until required.

## **ALWAYS CHOOSE FULL FAT, FULL SUGAR FOODS AND DRINKS!**

### **The Royal Sussex County Hospital**

Eastern Road, Brighton

East Sussex BN2 5BE

**01273 696955 Dietitians: Ext. 64290**

### **The Princess Royal Hospital**

Lewes Road, Haywards Heath

West Sussex RH16 4EX

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### **Nevill Hospital**

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This leaflet is intended for patients receiving care in Brighton & Hove or Haywards Heath

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#### Disclaimer

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