

Dietary advice after a medium risk nutritional screening score - improving your nutrition

Nutrition and Dietetic Service

Last reviewed: January 2023

Next review: January 2026

Information for Patients

Leaflet number: 363 Version: 2

Introduction

For staff reference: MEDIUM RISK LEAFLET

Your diet is very important to help you feel your best. It can help you improve after an illness and can make a difference to your long-term health.

At your outpatient clinic appointment today nutritional screening was carried out to help detect risk of malnutrition:

- The nurse measured your weight and height to calculate your body mass index (BMI); your nurse can tell you if you have a healthy BMI.
- The nurse also considered if you have lost weight, if you are struggling to eat enough, and/ or are losing weight without meaning to (losing strength and finding it difficult to do everyday activities such as shopping and cooking).

Your score today was 'medium risk' which suggests you may be having problems with your food intake.

If you are underweight or unintentionally losing weight you need to think differently about the foods you are eating. Following the advice in this leaflet may help you regain some of the strength and weight you have lost, or stop any further loss occurring.

If you have previously been given advice from a health care professional to follow a specialised diet, you will need to continue with this. If you are unclear how this can be combined with the advice given in this leaflet, or are struggling with an aspect of your diet, speak to your dietitian, doctor, nurse or GP for further guidance.

Further information

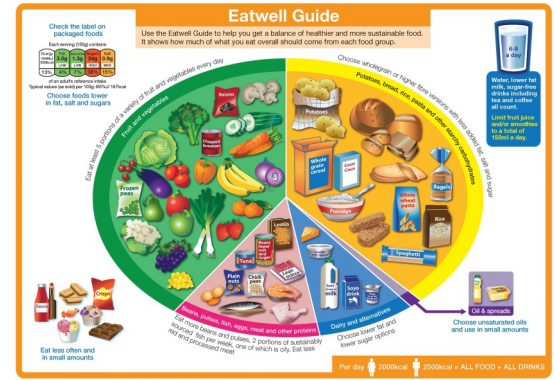
Further information can be found from the leaflet 'Your guide to making the most of your food' available here: <http://www.malnutritionpathway.co.uk/leaflets-patients-and-carers>

**Health information and support is available at www.nhs.uk
or call 111 for non-emergency medical advice**

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Tips for making the most of your food and drink and avoid further weight loss when you have a poor appetite

- Choose full fat foods or high energy foods - whilst these foods are usually recommended in moderation, the calories they contain can help you gain weight, or avoid losing more weight. Avoid low fat or 'diet' varieties during this time.
- When your appetite is not good, having food 'little and often' can help you get the nourishment you need. You can enrich the foods you have, for example:
 - Add cream, grated cheese or cream cheese to food e.g. soups, sauces, curries.
 - Use mayonnaise, salad cream or dressing in sandwiches and on salads.
 - Add extra butter, margarine or ghee to vegetables, potatoes, scrambled eggs.
 - Fortify your usual milk by whisking 2 to 4 tablespoons of milk powder into a pint of milk.
 - Add honey/ syrup/ jams to porridge, milky puddings, on bread, toast or teacake.
- Take nourishing drinks e.g. smoothies, soups, fruit juice, milkshakes or hot chocolate.
- Use convenience foods from the cupboard or freezer e.g. biscuits, baked beans, soup, tinned puddings, custard.
- Powdered supplements made up with milk, such as Complan, Meritene, and Aymes Retail are available from most supermarkets and pharmacies and can be used in between meals.
- Eat more of the foods that you enjoy at the times of day when you feel more like eating.
- Don't fill up on drinks before or during your meal.
- It is important to eat a varied balanced diet. The Eatwell Guide pictured here shows how this can be achieved. A larger image with further information can be found in the '[Eatwell Guide booklet](#)', also available from this link: www.gov.uk/government/publications/the-eatwell-guide



Monitoring your weight

Check your weight each month and keep a record. If you are unable to weigh yourself be aware of visual changes (e.g. clothes feel looser). If you continue to lose weight over the next 3 months seek advice from your doctor, nurse or dietitian.

Contact details

Nutrition and Dietetic Service - 0116 258 5400.

اگر آپ کو یہ معلومات کسی اور زبان میں درکار ہیں، تو براہ کرم مندرجہ ذیل نمبر پر ٹیلی فون کریں۔
على هذه المعلومات بلغةٍ أخرى، الرجاء الاتصال على رقم الهاتف الذي يظهر في الأسفل
જો તમને અન્ય ભાષામાં આ માહિતી જોઈતી હોય, તો નીચે આપેલ નંબર પર કૃપા કરી ટેલિફોન કરો

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Aby uzyskać informacje w innym języku, proszę zadzwonić pod podany niżej numer telefonu

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