

Dietary advice after a high risk nutritional screening score - maximising your nutrition

Nutrition and Dietetic Service

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Information for Patients

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Introduction

For staff reference: HIGH RISK LEAFLET

Your diet is very important to help you feel your best. It can help you improve from 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 'high risk' which suggests you are 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.

Tips for making the most of your food and drink, and avoiding further weight loss

- Choose full fat foods or high energy foods - whilst these foods are usually recommended in moderation they can help you gain weight, or avoid losing more weight. Avoid low fat or 'diet' varieties.
- Take nourishing drinks e.g. smoothies, soups, fruit juice, milkshakes or hot chocolate.

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- You can enrich the foods you have, for example:
 - Fortify your usual milk by whisking 2 to 4 tablespoons of milk powder into a pint of milk.
 - Add extra cream, grated cheese, cream cheese, butter, margarine, or ghee to food.
 - Use mayonnaise, salad cream or dressing in sandwiches and on salads.
 - Add honey/ syrup/ jams to porridge, milky puddings, on bread, toast or teacake.
- Powdered supplements such as Complan, Meritene and Aymes Retail are available from most supermarkets and pharmacies and can be used in between meals .

If you feel too tired to shop, prepare or cook meals:

- Ask family, friends or your carer for help with cooking, shopping or ordering for home delivery.
- Consider eating regularly with a friend or family member or attend a local lunch club.
- Use ready meals from the supermarket, meals on wheels services, home delivered pre-prepared meals (such as Wiltshire Farm Foods, Oakhouse, iCare community meals), or ask to be assessed for a package of care (contact your local Social Services Department).

Tips for eating when short of breath:

- It may be easier to eat softer, moist foods at these times e.g. casseroles, curries, sauces, gravy, milky puddings, fruit smoothies, ice-cream. Aim to eat something 6 times per day; smaller meals more often.

Tips for coping with a dry mouth:

- Choose softer or moist foods e.g. minced beef in shepherd's pie rather than pieces of dry meat.
- Suck fruit sweets, ice cubes made with fruit juice or squash, or chew sugar-free gum.
- Your doctor or nurse may prescribe some pastilles or saliva spray if the problem continues.

Tips for coping with taste changes:

- Look after your mouth - regularly clean your teeth/ dentures and use mouthwash and floss.
- Focus on the foods you enjoy, but don't be afraid to try new foods or food previously disliked.
- Experiment with seasoning - try sharp or spicy or sugary foods, as they have a stronger taste.
- If you go off a particular food, try it again regularly as your tastes may continue to change.

Monitoring your weight - Weigh yourself regularly and keep a record of this. If you are unable to weigh yourself be aware of signs of weight loss, for example jewellery and clothes becoming looser. If you continue to lose weight you may be prescribed oral nutritional supplement drinks, seek advice from your doctor 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 بلغة أخرى، الرجاء الاتصال على رقم الهاتف الذي يظهر في الأسفل

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