

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 we did a nutritional screening to see if you are at 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'. This means 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 happening.

If you have previously been given advice from a health care professional to follow a specialised diet, please continue to follow that advice. If you are not sure on how to do this with the advice given in this leaflet, or are struggling with any part of your diet, speak to your dietitian, doctor, nurse or GP for more guidance.

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

- Choose full fat foods or high energy foods. These foods are often recommended in moderation, but they can help you gain weight, or avoid losing more weight. Try to avoid low fat or 'diet' varieties.
- Take nourishing drinks like smoothies, soups, fruit juice, milkshakes or hot chocolate.

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or call 111 for non-emergency medical advice**

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- You can enrich the foods you have by:
 - 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 like Complan, Meritene and Aymes Retail are available from most supermarkets and pharmacies. You can use these 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 (like 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. This can be 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 like 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 do not 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 on **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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