



'Get more in!'

Information for patients - Dietetics Department



Extra snacks between meals, for example:

- ❖ sandwiches
- ❖ full cream yoghurts
- ❖ ice cream
- ❖ full cream milk drinks
- ❖ cheese and biscuits
- ❖ cakes



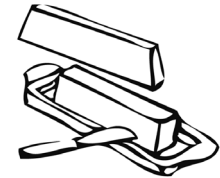
Extra cheese:

- ❖ with biscuits
- ❖ add to scrambled eggs
- ❖ grated into soups/sauces or vegetables and potatoes
- ❖ added to french toast



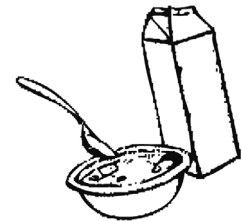
Extra butter or margarine on:

- ❖ other vegetables and mixed into mashed potatoes
- ❖ biscuits
- ❖ toast
- ❖ scones



2 - 4 tablespoons of dried milk powder can be added to one pint of full cream milk and used in:

- ❖ cereals
- ❖ sauces
- ❖ drinks
- ❖ puddings
- ❖ jelly



Extra cream or evaporated milk in:

- ❖ tinned fruit in syrup
- ❖ porridge/cereals
- ❖ desserts
- ❖ soups
- ❖ sauces



Extra sugar over:

- ❖ porridge
- ❖ cereals
- ❖ desserts
- ❖ drinks



Extra jam, marmalade or honey on:

- ❖ biscuits
- ❖ toast
- ❖ scones
- ❖ in desserts such as rice pudding or in porridge



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