

What can I do to gain weight? / South Glamorgan Health Authority.

Contributors

South Glamorgan Health Authority

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How to Add Extra Protein and Calories to your food



To vegetables & salads

ADD
grated cheese
margarine/butter
salad dressings
sauces
salad cream



To soups

ADD
grated cheese
1 dessertspoon milk powder
beans/lentils/rice
dumplings/croutons
cream



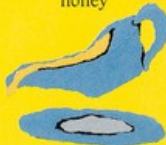
To mashed potato

ADD
grated cheese
cream
margarine/butter



To breakfast cereals

ADD
dried fruit
nuts
yogurt
cream
honey



To sauces

ADD
yogurt
cheese
margarine/butter
evaporated milk
cream



To puddings

ADD
dried fruit
jam or honey
margarine/butter
cream
evaporated milk
yogurt

Drink Recipes you might like to try

Ginger Fizz

1 glass ginger beer
1 small carton natural yogurt
*Mix together and whisk well.
Chill and serve.*

Milk Shake

1 cup milk
1 scoop icecream
1 tablespoon milk powder
Flavourings
*Mix together and whisk well.
Chill and serve.*

Fruit Yogurt Drink

Small tin fruit in syrup
1 cup milk
1 scoop icecream
1 tablespoon milk powder
Mix together in blender or puree using a sieve.

Chilled Banana Drink

1 banana
1 scoop ice-cream
1 cup milk
1 tablespoon milk powder
1 tablespoon sugar
Mix together in blender or puree using a sieve.

Fruit Yogurt Drink

1 small carton natural yogurt
1 small glass fruit juice or pureed fruit
*Mix together and whisk well.
Chill and serve.*

CONTACT NO:

Developed by Dietitians of South Glamorgan Health Authority.
Produced by: South Glamorgan Health Authority.

What Can I Do To Gain Weight?



Developed by The Design Group, Cardiff Bay

This leaflet is designed to help you gain weight and may help prevent any further weight loss.

It is important to try and maintain your weight so that you will feel stronger and more able to fight infection. This can be done by eating food you like, but make sure that you have plenty of variety in your diet.

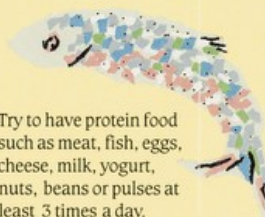


Here are some ways to help you gain weight

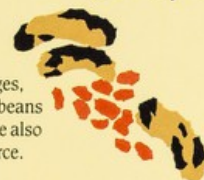
Try to have 3 meals and 2-3 snacks daily.



Try to have protein food such as meat, fish, eggs, cheese, milk, yogurt, nuts, beans or pulses at least 3 times a day.



Remember: sausages, fishfingers, baked beans and beefburgers are also a good protein source.



Try to have a pudding once or twice a day eg. yogurt, milk pudding, trifle, ice-cream, cake, fruit pie, sponge pudding and custard or cream.



Suitable snacks include sandwiches, sausage rolls, yogurt, cake, biscuits, nuts, dried fruit, cereals and chocolate.



Use 1-2 pints full cream milk daily, enriched with 2 tablespoons milk powder to each pint of milk. Use in drinks and puddings and on cereal.

Try drinking high calorie/high protein drinks, eg. fizzy drinks, milk and milk drinks (see recipes).



Take drinks after meals rather than before or with meals so that you do not fill yourself up too much.



Eat plenty of fresh fruit and vegetables as these are good sources of vitamins and fibre.



Fry food as often as possible.



Include sugary food whenever you can, eg. sugar, jam, honey, marmalade, fizzy drinks, sugary drinks, cakes, biscuits, sweets etc.



If you find you are unable to eat well, try Build Up or Complan. These drinks are available from your local chemist shop.

If you continue to lose weight or have other problems with eating or your diet, please ask to be referred to your local dietitian for further advice.