

Community Dietetic Service

Beckenham Beacon

379 Croydon road

Beckenham

BR3 3QL

Tel: 0300 330 5777

Tell us what you think

We want you to be happy with the service you receive from us, but we know that every so often something might go wrong. If you're unhappy with the care you receive or an element of our service, we want to hear from you.

Of course, we also want to hear from you if you're happy with the care you're receiving - it's good to be able to thank the team and let people know they're doing a good job, so if you have a compliment or congratulation, we'd like to hear from you.

If we are unable to resolve your concerns or you would like to take the matter further please contact us at the address below.

Central Court
1b Knoll Rise
Orpington BR6 0JA

020 8315 8880

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bromleyhealthcare.org.uk

Bromley Healthcare Community Interest Company Ltd
Company no: 06815987 Registered in England
Registered office: Central Court, 1b Knoll Rise, Orpington BR6 0JA



Food for energy

Bromley Adult Community Dietitians

Sometimes you may find you want to eat less food. If you are losing weight or have lost interest in food, it is important to eat as nourishing a diet as possible.

If you have a small appetite because you have problems with swallowing, we advise that you see a Speech and Language Therapist. They will assess and advise you on the most suitable texture of both food and fluids.

How to enrich foods and drinks:

- Try adding butter, margarine, cheese or olive oil to vegetables or mashed potato.
- Add cream, condensed evaporated milk to puddings, cereals or soups.
- Take milky drinks (made with fortified milk) e.g. milky coffee, malted drinks or hot chocolate.
- Try Complan, Build-up, Recovery (Boots) or Nutriment. These are available in chemists and supermarkets. Aim to have 2-3/day between meals. Make up with fortified milk for more goodness.

Fortified milk recipe

Add 5 tablespoons of skimmed milk powder (Marvel, Plus Pints, 5 Pints) to 1 pint of full fat milk and use as you would ordinary milk in all drinks and in cooking. Aim to use 1 pint a day.

Foods to try:

- Beans, cheese or scrambled egg on toast.
- Sandwiches filled with meat, tinned fish, egg, cheese with extra mayonnaise, butter or peanut butter.
- Tinned soup and roll with lots of butter.
- Full fat desserts/puddings, thick and creamy or Greek yoghurt
- Use full-cream milk, ordinary margarine or butter.
- Avoid low fat, low calorie, low sugar, 'healthy eating' types of food.

Try to:

- eat 3 small meals per day, with snacks between meals. Suitable snacks: yoghurt, ice-cream, cheese and biscuits, toasted tea-cakes or crumpets, nuts, crisps, chocolates, cake, trifle, crème caramel.
- have foods high in protein twice a day, i.e. meat, chicken, eggs, cheese, beans, yoghurt, fromage frais or milk.
- stimulate your appetite with a little alcoholic drink before meals (check this is ok with your doctor) or have a little walk if possible.
- eat a balanced meal, this can be hot or cold. If you are too tired to cook convenience meals (frozen/chilled) are useful.

If you have problems eating crisps, nuts and crackers because they make you cough or choke, you should avoid these and have smoother consistencies such as yoghurts and mousse.

Dental health

Following this diet advice could damage your teeth. Sugary foods and drinks cause dental decay therefore it is important to contact your dentist for further preventive advice.

- Ask your dentist about a prescription for toothpaste with higher levels of fluoride to protect your teeth.
- After eating, rinse your mouth with water, milk or mouthwash containing fluoride – this will help remove food debris from your mouth.
- Do NOT brush your teeth after eating sweet things as this could damage your teeth.
- Avoid eating or drinking in the 30 minutes before going to bed.
- Brush your teeth last thing at night – spit out excess paste do NOT rinse your mouth afterwards.