

Community Dietetic Service

**Beckenham Beacon
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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.

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Company no: 06815987 Registered in England
Registered office: Central Court, 1b Knoll Rise, Orpington BR6 0JA



High calorie drinks and recipe ideas

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.

Over the next few pages there are some recipes for drinks, breakfasts, soup, savoury foods and puddings that will help you increase the calories and protein in the food that you eat.

Please chat with your Dietitian if you would like some more ideas on increasing the calories in your food.

If you have a small appetite because you have an undiagnosed problem with swallowing, we recommend that you see your GP, they may refer you to a Speech and Language Therapist (SLT). The SLT will assess and advise you on the most suitable texture of both food and fluids.

If you have unexplained weight loss please visit your doctor.

Storage instructions for homemade recipes

Once made, all homemade drinks, puddings and soups can be kept in the fridge for up to 24 to 48 hours.

After this time any uneaten homemade recipes should be thrown away.

High calorie breakfasts

Coconut and seed porridge

Makes 2 portions

300 calories, 7g protein per portion

100g rolled porridge oats

375mls full fat milk

50mls coconut cream

1 tablespoon ground flaxseed

Jam or honey to serve



Put the oats and milk in a saucepan and bring gently to boil. Lower the heat and simmer for 6 to 7 minutes, stirring frequently until the oats are softened and the mixture is thick. Stir in the coconut cream and flaxseed and beat well. Add a heaped tsp of jam or drizzle with honey to serve.

Creamy scrambled eggs

Makes 2 portions

450 calories, 8g protein per portion

1 tablespoon of butter

4 eggs whisked with salt and pepper

2 tablespoons of double cream or milk

1 tablespoon of fresh chopped herbs, such as parsley



Whisk the eggs with the cream and seasoning and set aside. Melt the butter in a pan, then pour in the eggs, move and stir the eggs around the pan with your spoon until they are just cooked. Sprinkle with herbs.

High calorie and protein drinks

High calorie milkshake

Makes 1 portion

283 calories, 15g protein per portion
(volume 220ml)

200 ml full fat milk

20g skimmed milk powder

20g milkshake powder with added vitamins
(e.g. Nesquik or supermarket own brand)

Mix all ingredients together until milk powder and milkshake powder have dissolved.



Fruit smoothie

Makes 1 portion

373 calories, 10g protein per portion
(volume 200ml)

50g tinned fruit in syrup (syrup drained off) -
such as peaches

50ml/60g full fat condensed milk

100ml/110g full fat Greek yoghurt

Puree fruit, then mix with condensed milk and yoghurt.



High calorie and protein drinks

Malted milk

Makes 1 portion

305 calories, 10g protein per portion
(volume 200ml)

25g full fat Horlicks powder

100ml full fat

100ml/110g full fat Greek yoghurt

Mix all ingredients together until Horlicks powder has dissolved.



Cream of chicken soup

Makes 1-2 portions

554 calories, 26g of protein per portion
(volume 520ml)

1 can of cream of chicken soup
(or other flavour)

2 tablespoons of double cream

2 tablespoons of grated cheese

2 tablespoons of skimmed milk powder

Place all ingredients in the blender, blend until smooth and warm gently.



High calorie thickened drinks

Chocolate and coffee Frappuccino *(ask your SLT how many scoops of thickener should be added)

Makes 1 portions

280 calories, 4g protein per portion

(volume 175ml)

50ml cold coffee

75ml chocolate drink made with full fat milk

1 scoop ice cream

50g whipped cream

2-4 scoops of thickener



Place all ingredients except thickener in the blender. Blend until smooth. Add thickener, blend for 10 seconds. Pour into glass and wait for recommended time for thickener to work.

High calorie thickened milkshake*

Makes 1 portion

320 calories, 15g protein per portion

(volume 220ml)

200ml full fat milk

20g skimmed milk powder

20g milkshake powder (Nesquik or supermarket own brand)

50g whipped cream

2-4 scoops of thickener



Place all ingredients except thickener in the blender. Blend until smooth. Add thickener, blend for 10 seconds. Pour into glass and wait for recommended time for thickener to work.

High calorie savoury foods

Creamy mashed potato

Makes 2 portions

300 calories, 6.5g protein per portion

125g potatoes, peeled and chopped

20g butter

30mls double cream

30g mature cheddar cheese

Freshly ground black pepper and salt



Put potatoes in a saucepan, cover with water and add tsp salt. Bring to a boil and simmer until fork tender - approx. 20 minutes. Drain the potatoes then return them to the pan and give them a good mash. Fold in the butter, cream and cheese. Season to taste with salt and pepper.

High calorie white sauce

350 calories

7g protein per portion

2 tablespoons butter

1 tablespoon of plain flour

1 tablespoon of double cream

50mls full fat milk

1 tablespoon grated cheese



Mix the flour and milk in a saucepan and heat gradually. When warm add the butter and mix until melted. Pour in the double cream and stir together. Add in the grated cheese and serve over hot meals, pastas and vegetables.

High calorie, small portion puddings

Fortified lemon pudding *(not suitable for people with diabetes)

Makes 3 portions
630 calories, 5.5g protein per portion
(volume 100ml)

300ml double cream

70g caster sugar

Juice of 1 lemon

30g skimmed milk powder



Gently heat cream with milk powder until milk powder has dissolved. Add sugar and bring to boil and boil for 3 minutes. Mix in lemon juice.

High calorie Mars Bar pudding*

Makes 3 portions
488 calories, 6g protein per portion
(volume 100ml)

2 Mars Bars

150ml double cream

30g skimmed milk powder



Gently heat cream with milk powder until milk powder has dissolved. Chop Mars bars into small pieces. Add to warm cream and continue to heat gently, stirring, until all Mars bar pieces have melted. Pour into 3 small dessert bowls and chill.

High calorie pudding

High calorie rice pudding

Makes 4 portions
300 calories, 10g protein per portion

1 can of shop brought tinned rice pudding

1 tablespoon of skimmed milk powder

4 tablespoons ground almonds

Strawberry jam



Warm up the rice pudding according to the instructions and stir through the almonds and skimmed milk powder. Serve with a spoonful of jam.

Cherry and almond flapjacks

Makes 12 portions
415kcal, 7g protein per portion

200g butter

200g soft light brown sugar

2 tbsps golden syrup

200g porridge oats

100g glace cherries, quartered

250g ground almonds



Preheat the oven to 180C. In a large saucepan melt the butter, sugar and honey together over a low heat, stir through the oats, cherries and almonds until evenly mixed. Transfer into a 22cm square silicone cake tin (grease and line with baking parchment if using metal tin) and bake for 35 minutes until the flapjacks are golden brown. Cool in the tin on a wire rack for 5 minutes before dividing into portions.