



Cardiff & Vale

**Nutrition and Dietetics**

**Maetheg a Dieteteg**

Caerdydd a'r Fro

# Fuelling your Recovery



**GIG**  
CYMRU  
**NHS**  
WALES

Bwrdd Iechyd Prifysgol  
Caerdydd a'r Fro  
Cardiff and Vale  
University Health Board

## Introduction

Following a diagnosis of Coronavirus you may have experienced a poor appetite and reduced intake which can put you at risk of weight loss and malnutrition. Symptoms you may have experienced which may have affected your food and fluid intake include shortness of breath, raised temperature and feeling sick.

Malnutrition can be minimised by enriching your current diet with high calorie and high protein foods. This can be done by fortifying the normal foods you eat and having nourishing drinks and snacks between meals. Over the days, weeks and months this can help to tip the energy and protein balance to promote your recovery.

You may have been prescribed a nutritional supplement in hospital. This leaflet provides practical examples of how you can supplement your calorie and protein intake using food and drinks which can help to prevent weight loss and promote strength. Healthy eating guidelines for the general population do not apply to you at this time. Please note that this diet is a short term intervention until a healthy weight or recovery is achieved, adherence to a healthy balanced diet after this is recommended.

If you have any ongoing concerns regarding your weight and/or appetite please contact your GP who can refer you to the community Dietetic department for further advice and support.

## Some Tips for Eating Well

- Try to eat little and often, by having small frequent snacks rather than just three meals a day particularly if you are short of breath.
- Aim to include some protein rich foods in each meal or snack, such as meat, fish, milk, cheese, eggs, beans, nuts and soya (e.g Tofu).
- Try to select your favorite foods to tempt your appetite and by making food look attractive.
- Take drinks after meals rather than with meals so that they do not fill you up. Carbonated (fizzy) drinks can also make you feel full.
- You don't need to spend a long time preparing meals. A supermarket ready meal and frozen mixed vegetables will provide most nutrients.
- You can order ready meals that are delivered to your door or even to your kitchen.

If you have problems eating due to breathlessness, the following tips may be useful:

- Try to rest prior to having your meal.
- Try to have your meals in a relaxing environment away from distraction such as TV. Eat at a table that allows a good upright posture.
- Regulate breathing during your meal. If necessary put your cutlery down in between mouthfuls to avoid rushing and regain control of your breathing.
- Soft & moist foods can sometimes go down easier & cause fewer problems for your breathing.  
Examples include: Porridge/cereals made with lots of milk, Cottage pie, Fish pie, Macaroni cheese, Scrambled eggs, Mince beef/lamb with gravy and mash potato, Poached / steamed fish with a cheese/parsley sauce

If you are experiencing nausea or sickness the following tips may be useful:

- Try to eat plain foods. Avoid foods with a strong smell or spicy foods e.g. strong cheeses, curries, garlic, onions, cream-based dishes
- Remove bad tastes by brushing your teeth, using mouthwash or chewing gum
- Cold foods may be easier to eat than hot meals
- Don't go a long time without food. An empty stomach can make you feel worse.
- Try dry, plain foods such as toast, crackers and plain biscuits
- Ginger biscuits, ginger tea, ginger beer/ale may help to improve sickness
- If you are taking anti-sickness tablets, take them 20-30 minutes before eating (check with your doctor)
- Anti-sickness wrist bands may also help

# Foods to fortify your meals or snacks

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## Milk

Adding dried skimmed milk powder to full cream milk can significantly increase the energy and protein content of milk that can be used for cereals, tea, coffee, hot milky drinks, milk puddings and as a drink throughout the day. Add 2 to 4 heaped tablespoons of skimmed milk powder to 1 pint of full cream milk. Try making a paste with a little milk first then add to the rest of the milk and shake or whisk well to ensure it is completely dissolved.



- 1 pint of fortified full cream milk can provide **490-600kcal, 30-40g protein**
- A 200ml glass of fortified full cream milk can provide up to **210kcal, 14g protein**

Have fortified full cream milk as a drink between meals instead of water to quench your thirst and to provide additional calories and protein.

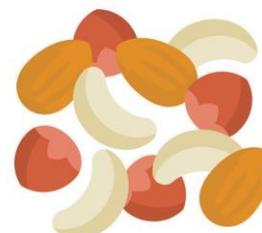
## Cheddar cheese

Add a matchbox size portion (30g) of grated cheese to mash potatoes, soups, salads and sauces to provide an additional **125kcal and 8g protein**.



## Nuts

A small handful of mixed or ground nuts or seeds added to breakfast cereals, curries and stir fries can provide an additional **125kcal and 8g protein**.



## Dried Fruit

A tablespoon of dried fruit added to your cereal or salad can add another **85kcal**.



## Oil/Fats

Vegetable oils such as olive oil or fats such as butter can be added to salads or vegetables or you could try frying foods such as fish in olive oil to add extra calories. Spread butter or margarine thickly onto bread, scones or crumpets.

Each teaspoon can provide up to **45kcal**.



## Cream

Add cream to your puddings, breakfast cereal, soup, fruit, dessert, mash or scrambled egg. A tablespoon of double cream provides **75 kcal**.



## Sugar and Honey

Sweeten your foods with some sugar or honey. You could add it to your breakfast cereals, puddings, tea and coffee or stewed fruit. Each teaspoon will provide up to **50kcal** extra.



## Croutons

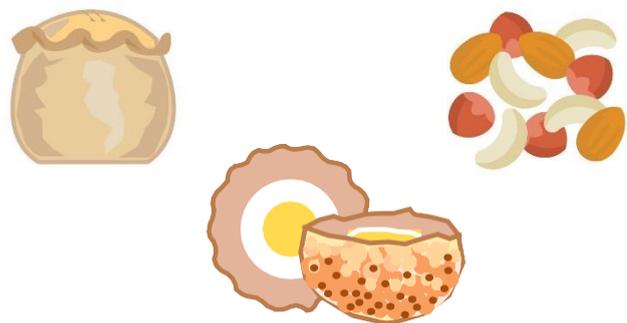
Add 5 croutons to your soups and salads to provide an additional **35kcal and 1g protein**.



# Savoury snacks

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- **Handful of mixed nuts and raisins (40g)**  
250kcal, 11g protein
- **2 Scrambled eggs made with fortified milk on 1 slice of toast with butter**  
250kcal, 20g protein
- **Baked beans (1 small tin) on 1 toast with matchbox size grated cheddar cheese**  
380kcal, 20g protein
- **30g Cheddar cheese on 1 slice of toast**  
220kcal, 11g protein
- **2 Cream crackers with matchbox size portion of cheddar cheese** 193kcal, 9g protein
- **30g Cheddar cheese with pineapple**  
150kcal, 10g protein
- **2 Crackers with shop bought egg mayonnaise**  
150kcal, 7g protein
- **Corned beef (38g) sandwich (2 slices bread)**  
340kcal, 16g protein
- **½ Tin sardines on 1 slice of toast with butter**  
230kcal, 13g protein
- **1 Mini pork pie (50g)**  
200kcal, 5g protein
- **1 Scotch egg (135g)**  
270kcal, 11g protein
- **2 Bite size Cornish pasties (60g)**  
210kcal, 4g protein
- **1 Sausage Roll**  
240kcal, 5g protein
- **5 Cocktail sausages (50g)**  
140kcal, 6g protein
- **1 Samosa (meat /vegetable)**  
150kcal, 4g protein
- **1 Paratha (Flatbread) with 1 scrambled egg**  
360kcal, 12g protein
- **Fried chickpeas (1/2 can) On 1 slice of toast**  
280kcal, 8g protein
- **Indian omelette (2 eggs and 50ml milk) made with onions / tomatoes /green chilli /spices**  
250kcal, 15g protein
- **Lamb kebab (255g)**  
385kcal, 23g protein
- **Chicken kebab (255g)**  
270kcal, 24g protein



# Sweet Snacks

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- **2 Slices of fruit loaf with butter and jam**  
356kcal, 5g protein
- **1 Scone with butter and jam**  
460kcal, 5g protein
- **Flapjack with a 200ml glass fortified milk**  
378kcal, 17g protein
- **1 Eccles Cake**  
335kcal, 4g protein
- **Peanut butter and jam sandwich (2 slices)**  
260kcal, 10 g protein
- **1 Syrup sponge pudding with custard**  
575kcal, 5g protein
- **1 Choc ice (43g)**  
135kcal, 2g protein
- **1 Muffin and a caffe latte**  
600kcal, 13g protein
- **1 Premium chocolate mousse**  
300kcal, 5g protein
- **25g Chocolate coated peanuts**  
280kcal, 8g protein
- **Standard chocolate bar (50g)**  
260kcal, 4g protein
- **1 Croissant with butter and jam**  
275kcal, 4g protein
- **Rice Pudding (125-190g)**  
310-400kcal, 5g protein
- **Fortified Milk Jelly (115g)**  
Made up with fortified milk  
191kcal, 9g protein
- **200ml Glass of fortified milk and 2 digestive biscuits**  
370kcal, 16g protein
- **1 Bagel with peanut butter and ½ a banana**  
365kcal, 12g protein
- **Kheer (rice pudding) 150g**  
200kcal, 10g protein
- **Gajar Halwa (Sweet carrot pudding) 100g**  
360kcal, 8g protein
- **Sevian (vermicelli dessert) 157g**  
320kcal, 7g protein
- **Mithai (traditional South Asian sweets):**
  - Barfi (plain, 52g)**  
180kcal, 4g protein
  - Ladoo (50g)**  
120kcal, 4g protein
  - 1 Jalebi**  
310kcal, 2g protein
  - 1 Gulab Jamun**  
140kcal, 2g protein



# Fortified Milkshake Drinks

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- **Standard flavoured milk shake drink**  
270-595kcal, 9-20g protein
- **Choc Mint Shake**  
200ml fortified milk  
Chocolate flavouring  
2 scoops chocolate ice-cream  
4 drops peppermint essence  
Blend all ingredients together  
521kcal + 20g protein
- **Mocha Milk**  
200ml fortified milk 1  
tsp instant coffee  
1 tsp drinking chocolate powder  
Heat the fortified milk  
Stir in coffee and chocolate powder  
245kcal + 14g protein
- **Spiced Milk**  
200ml fortified milk + 1 tsp syrup  
Pinch of cinnamon and mixed spice  
Warm milk, add syrup and spices  
256kcal +14g protein
- **Flavoured Milk Shake**  
200ml fortified milk 1  
scoop ice-cream  
Milkshake syrup or powder  
Blend ingredients together and serve  
390kcal + 16g protein
- **Banana Drink**  
200ml fortified milk 1  
sliced banana  
1 hazelnut (or fruit flavour) yoghurt  
1 scoop ice-cream  
Blend the milk, banana and yoghurt  
Pour into a glass and top with ice-cream  
586kcal + 23g protein



# Vitamins and Minerals

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Vitamin and mineral requirements can easily be met through a varied and balanced diet of regular meals and nourishing snacks.

## *Vitamin D*

As many of us are having to stay indoors more than usual and we normally get Vitamin D from the sun, people with little or no sun exposure should consider taking 10 micrograms supplement each day (even in spring/summer months) Vitamin D can be purchased from supermarkets or pharmacies.

## **Caution**

Some of the snack ideas in this leaflet may not be suitable for those with swallowing or chewing difficulties. For further information please discuss with your Dietitian or GP.

If you have high blood pressure or diabetes, please discuss this with your Dietitian as some of the snacks listed may not be appropriate for you.

## Comparison of a Standard and Enriched Menu Plan

| Meal          | Standard  | Enriched  |
|---------------|---|---|
| Breakfast     | Porridge made with water<br>Cup of coffee                     | Porridge made with fortified milk and a handful of raisins<br><br>Cup of milky coffee made with fortified milk          |
| Mid-morning   | Cup of tea  | Cup of milky tea made with fortified milk and 2 rich tea biscuits   |
| Lunch         | ¼ tin of baked beans on 1 slice of dry toast                  | ¼ tin of baked beans on 1 slice of toast with butter thickly spread and grated cheddar cheese                           |
| Mid-afternoon | Cup of coffee made with semi-skimmed milk                     | Cup of milky coffee made with fortified milk  |
| Evening Meal  | Oven baked cod fillet with a few boiled new potatoes and peas | Cod fillet fried in vegetable oil, mashed potato made with fortified milk and grated cheese, peas with a knob of butter |
| Supper        | Cup of tea  | Horlicks made with fortified milk and 2 squares of chocolate  |
| <b>Total</b>  | <b>502kcal 35g protein</b>                                    | <b>1681kcal 84g protein</b>   |

If you are struggling to access food in Cardiff and the Vale due to the Coronavirus and/or self-isolation here are some helpful contact details.

### **Shopping/Meal Services available in Cardiff**

**Meals on Wheels** - 01732 759020 / 01732 759000

**Wiltshire Farm Foods** - 0800 077 3100

### **Other Supermarket Online Delivery Schemes for vulnerable adults**

Tesco – [www.tesco.com/groceries](http://www.tesco.com/groceries)

Asda – [www.asda.com/Fresh](http://www.asda.com/Fresh)

Ocado – [www.ocado.com](http://www.ocado.com)

Waitrose – [www.waitrose.com](http://www.waitrose.com)

Morrisons – [www.groceries.morrisons.com](http://www.groceries.morrisons.com)

### **Elderly and Vulnerably Supermarket Hours**

Sainsbury – First hour of opening on a Thursday

Tesco – Monday, Wednesday, Friday 9-10am (not Express stores)

ASDA – Friday from store opening until 9

M&S – Monday and Thursday first hour of opening

Iceland – First hour of opening every day

Morrisons – Monday to Saturday 9-10am

Waitrose – First hour of opening

Some of these stores now have limits on items in place, subject to change

Many Café's/Takeaways are offering food delivery, subject to change

### **Useful points of contact**

#### **Domiciliary Care Agencies**

Can provide a paid shopping service. There are many such services and you can get a list of services available from social services. For the Vale call 01446 700111 or for Cardiff 02920 234234

**Age Connect Cardiff & Vale:** 02920 683600

**Age Cymru:** 02920 431555

#### **Cardiff Council**

Contact 02920 871071 for the advice line for information who have information on support in the area.

Age connect Cardiff will support with signposting to local shops who are arranging deliveries. Contact on 02920 683600.

#### **Vale of Glamorgan:**

Please contact the council on: 01446 700111

Other support through CJ Travel on 01446 722 296

NB: some of this information regarding services is subject to change over the coming months.

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Heath Park  
Cardiff, CF14 4XW

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This information may be available in other languages and formats. Please inform your Dietitian if you would benefit from this service.

Stated calorie and protein contents are based on an average estimation.