

Cardiff & Vale

**Nutrition** and **Dietetics**

**Maetheg** a **Dieteteg**

Caerdydd a’r Fro

Fuelling your

Recovery

|  |
| --- |
| Name: |
| Date: |
| Dietitian: |
| Telephone: |

# 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.

# Savoury snacks

### 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

### 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, 5.g 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

### Seviyan (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

### Gulab Jamun

140kcal, 2g protein

# Fortified Milkshake Drinks

### Standard flavoured milk shake drink

270-595kcal, 9-20g protein

* **Choc Mint Shake** 200ml fortified milk Chocolate flavouring
1. 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



Published by:

Department of Nutrition and Dietetics

University Hospital of Wales

Heath Park

Cardiff, CF14 4XW

Diet sheet ref no: JM20 Published: April 2020

Review Date: June 2020

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.