

Boosting Nutrition In Your Meals

You may need to boost the nutritional value of your meals if you are underweight or losing weight, or if you have poor appetite and are not eating well. It is not always easy to get the nutrients you need when you are not eating well. Here are some ways to help you boost your nutrient intake.



Start small: If your appetite is poor or if you get full quickly, it's easier to eat six smaller meals over the day instead of three large meals.

Stay stocked: Keep your favourite foods in the kitchen so you always have something handy. If you can't get to the shops often enough, stock up on long life milks, canned foods and dry snacks. Fresh milk and bread can be frozen and thawed.

Make your life easy: If you don't feel like preparing food, keep frozen or ready-to-eat meals such as lasagne or macaroni cheese in the freezer or fridge. If you are preparing food for others, keep it simple – something quick in the oven or an easy pasta with sauce. Avoid cooking meals with strong odours, which can put you off being in the kitchen.

Make the most of your fluids: Rather than filling up on water, make your fluids count by drinking full-cream milk or juice-based drinks that have some nutrition and calories. Cold milkshakes, fruit whips or smoothies can relieve hunger and are pleasant to drink.

Main Meals:

- Meat or lentil stew
- Macaroni cheese with a side of peas
- Shepherd's pie with buttered vegetables
- Fish on a creamy mash with oiled roasted vegetables
- Omelette filled with cheese and vegetables



Breakfast:

- Breakfast cereal with fruit and milk
- Creamy scrambled eggs with buttered toast
- Crumpets with peanut butter
- Muesli with full-fat protein yoghurt
- Protein smoothie



Desserts:

- Ice cream with sliced banana and strawberries
- Baked egg custard with berries
- Vanilla rice pudding with mango
- Yoghurt and fruit with nuts and honey



EASY PROTEIN MAC N CHEESE:

- 5 cups milk (or enriched milk)
- 500g elbow macaroni
- 2 cups shredded tasty cheese

In a saucepan, bring the milk to a boil. Stir in pasta and cook for about 10 minutes. Turn off the heat, then add the cheese. Stir through well until creamy and thick.



BOOSTED MILKSHAKE:

- 1 cup (250mL) full-cream milk
- 2 scoops ice cream (any flavour) or 1 tablespoon of cream
- 1 tablespoon full-cream milk or protein powder
- 1 tsp cocoa powder or 1/2 cup of your favourite fruit

Blend or whisk together until smooth and creamy.



If you continue to lose weight and are finding eating difficult, consult your health professional. They may want to suggest a meal replacement or nutritional supplement to help you get the nutrients you need. These are available in your pharmacy.

Health professional notes

These resources are not meant to replace dietary advice provided by your doctor or dietitian. Please consult with your doctor or dietitian before making changes to your diet or physical activity routine.