



What to do when you are not eating well



If you are unable to eat as well as you normally do, losing weight (without trying) or already underweight, a high calorie and high protein diet will help.

Foods high in calories:

- vegetable oils
- margarine
- butter
- soy milk
- cheese
- cream
- milk-based desserts
- cakes
- biscuits
- pastries
- chocolate
- savoury crackers
- dips
- cordials
- full cream cow's / goat's / sheep's milk
- nuts

Foods high in protein:

- red meat
- chicken
- sausages
- legumes
- cows/goats/sheep's milk
- cheese
- yoghurt
- nuts
- fish
- sausages
- minced meat
- eggs
- soy milk
- tofu
- tahini

Ways to eat more:

- Eat three meals every day and a snack in between
- Make sure to include snacks if you only eat two meals a day
- Have an extra milk drink or juice every day
- Add extra oil, margarine, sour cream, cheese or powdered milk when cooking
- Add cream or powdered milk to cereal, desserts and soups
- Keep frozen meals or canned meals in your house to use when you don't feel like cooking
- Use powdered milk to make your milk higher in calories. Here is a recipe...

MIX 1-2 TABLESPOONS OF POWDERED MILK IN A CUP OF MILK

OR

MIX 6 TABLESPOONS OF POWDERED MILK IN YOUR MILK BOTTLE