

If you have any concerns about this service or suggestions for improvements, contact our Patient Advice and Liaison Service on Freephone 0800 376 0775 or email: pals@cpft.nhs.uk

For free, confidential health advice and information 24 hours a day, 365 days a year contact NHS Direct on 111 or via www.nhs.uk/nhs-direct.

If you need this information in a different format such as in large print or on audio tape, or in a different language please contact Cambridgeshire and Peterborough Foundation Trust Communications Team on 01223 726767 or via email at: communications@cpft.nhs.uk

Polish: Jeżeli potrzebujesz tych informacji w innym formacie, jak na przykład w dużej czcionce, w formacie audio lub w innym języku, prosimy o kontakt z Cambridgeshire and Peterborough Foundation Trust) Publiczny Zespół Opieki Zdrowotnej i Środowiskowej) pod numerem telefonu: 01223 726767 lub email na adres: communications@cpft.nhs.uk

Portuguese: Se precisar desta informação em formato diferente, tal como impressão em letra grande, cassete áudio ou noutra língua, por favor contacte o *Cambridgeshire and Peterborough Foundation Trust* (Trust NHS dos Serviços Comunitários de Cambridgeshire), através do telefone 01223 726767, ou envie um e-mail para: communications@cpft.nhs.uk

Russian: Если данная информация требуется в другом формате, например крупным шрифтом, аудиозаписи или на другом языке – просим обращаться в Социальные Службы Общественного Фонда Здравоохранения Графства Кембриджшир, по телефону 01223 726767 или отправлять электронное сообщение по адресу communications@cpft.nhs.uk

Cantonese: 本資料亦以特大字體、錄音形式或其它語文提供，如有需要，請聯絡劍橋郡社區服務國家健康信託 (Cambridgeshire and Peterborough Foundation Trust)，電話01223 726767 電郵地址communications@cpft.nhs.uk

Turkish: Eğer bu bilginin kendi dilinizde çevirisini (ya da daha büyük harflerle baskısını veya kasete kayıtlı halini) isterseniz, lütfen Cambridge Bölgesi Kamu Hizmetleri Ulusal Sağlık Hizmeti Birimini (Cambridgeshire and Peterborough Foundation Trust) 01223 726767 no'lu telefon numarasından arayın veya communications@cpft.nhs.uk adresine e-mail gönderin.

How to Enrich your Meals

Nutrition & Dietetics

Clinician: _____

Contact number: _____

Cambridgeshire and Peterborough NHS Foundation Trust: providing services across
Cambridgeshire and Peterborough



Enriched milk:

Add 4 tablespoons of milk powder to one pint of full-fat milk to enrich its nutritional content.

You can then use this enriched milk instead of ordinary milk or water to make up: coffee, packet soups, sauces, jelly, milk pudding, porridge and to have with any other breakfast cereals.

Alternatively, you can add 1-2 teaspoons of milk powder to cups of tea, coffee and any other hot drinks.



Breakfast cereals:

To increase the calories in your bowl of breakfast cereals, try adding:

- Enriched milk (see above)
- Evaporated milk
- Yoghurt (full-fat)
- Syrup, honey or sugar
- Fresh or dried fruit pieces



Potatoes and vegetables:

To increase the calories in your vegetable portions, try adding:

- Grated cheese
- Cream
- Margarine/ butter
- Salad cream
- Milk-based sauces
- Fried onions

Soup:

To increase the calories in your soup dishes, try adding:

- Grated cheese
- Cream
- Dried milk powder
- Evaporated milk
- Dumplings
- Baked Beans
- Pasta

Puddings:

To increase the calories in your pudding dishes, try adding:

- Cream
- Evaporated/ condensed milk
- Custard
- Margarine/ butter
- Ice-cream
- Jam, honey or syrup
- Dried fruit



For further information about this service contact:

Nutrition & Dietetics on:

0330 726 0077

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