

**Eating Little and Often &
Boosting Calories**

HINTS AND TIPS ON NUTRITION



Why Eat Little & Often?

Helps increase nutrition when appetite is low or eating feels tiring. Aim to eat every 2–3 hours.

Add Extra Calories to Foods You Already Enjoy!

- Cheese, butter, cream, oils
- Full-fat milk or milk powder added to porridge, soups, sauces
- Peanut butter or smooth nut butters



Choose Soft, Energy Rich Foods

- Yoghurt, custard, rice pudding
- Creamy soups or sauces
- Soft desserts and puddings



Additional Resources You May Receive

Food First Ideas, Nourishing Drinks, How to Eat an Easier, Nourishing Diet

Increasing Protein Intake

Why Protein Is Important?

Supports healing, maintains muscle strength, and helps recovery during radiotherapy or chemotherapy

Soft, High-Protein Choices

- Scrambled eggs with cheese
- Minced/finely chopped chicken or fish with sauce
- Soft fish in white/cheese sauce
- Yoghurt, fromage frais, custard
- Crustless quiche

If Intake Is Low

Use fortified milk or high-protein drinks to top up nutrition.

Ways To Add More Protein

- Include a protein food at every meal and snack
- Use soft/moist options if swallowing is difficult

Safety

All advice should match the food texture that is safe for you, based on SLT (Speech and Language Therapy) guidance.