

Information for Patients

A nourishing meal plan for those with a small appetite

This information sheet supports the
'Eating Well With a Small Appetite' advice sheets/booklet.

Breakfast	Small glass of fruit juice Porridge or cereal and milk – add sugar, syrup or jam and a splash of cream Or 1 slice of buttered toast with jam Or 1 slice of buttered toast with a small portion of scrambled egg or bacon
Mid-Morning	Milky drink with chocolate coated biscuit or small piece of cake
Dinner or Evening Meal	Portion of fish or meat in sauce or gravy or Ready Meal 1-2 scoops of potato mashed with butter and milk 1-2 tablespoons of boiled vegetables tossed in butter Serving of milk pudding or sponge and custard or tinned fruit in syrup with ice cream and cream
Mid-Afternoon	Glass of milk with 1 buttered crumpet or crackers and cream cheese
Tea or Light Meal	Scrambled egg or beans and cheese on buttered toast or baked potato with butter and grated cheese or fortified soup and a sandwich Whole milk yoghurt / luxury dessert or banana with evaporated milk
Evening or supper	Cup of hot chocolate or malted drink made with milk 2 squares of chocolate

Please use this as a guide that can be adapted to suit your personal taste and mealtime routine.