

## Restoring regular eating...Restoring healthy eating

*Nutrition and Dietetics Service, South London and Maudsley NHS Foundation Trust*

### Restoring regular eating

#### Why you need this plan

This menu is planned for you to use for a few days only, while you get used to eating regularly. If you have not eaten very much for some time, it may be difficult for your body to deal with food at first. This meal plan is designed to give your body a gentle re-introduction to food, so that all the body systems that deal with food can gradually return to full normal working. It will help to correct any abnormalities in your blood tests.

The most important things that you need most as you begin to restore healthy eating are:

- **Phosphate.** You need a high phosphate intake as you slowly increase the amount you are eating. It is important for keeping muscles working, especially the heart muscle. Milk and foods made from milk, like yogurt, custard and cheese, are high in phosphate. (Note: some brands of soya milk are very low in phosphate, so it is not a suitable substitute)
- **Calcium.** Calcium can help protect and strengthen your bones. Milk and foods made from milk, like yogurt, custard and cheese, are high in calcium.
- **Potassium.** Blood potassium may be low if you have not been eating well. Like phosphate, it is essential for muscle function. Fruit, fruit juice and vegetables are high in potassium.
- **Fluid.** Every cell in your body needs water to work properly, so being dehydrated can make you feel quite unwell.

You will see that the meal plan has a lot of milk and milk-based food, fruit juice and fluid, to make sure you get these essential elements in your diet.

You will also need a vitamin and mineral supplement.

The meal plan suggests having regular small meals and snacks, so you do not have to eat too much at one time. The foods are easy to eat and digest, to help make sure eating them is not too tiring or stressful.

#### What will happen when you follow the plan

Your body will retain more fluid to restore its healthy fluid balance. This may make your weight increase quite quickly, *but this will not last for more than a few days*. After about a week, this gain will slow down, and you may even lose a little weight as the amount of fluid re-adjusts and settles to normal. You should feel better when your body has restored its normal amount of fluid.

Eating a little more food will give all your tissues the fuel they need to work. You should feel warmer, and have more energy. You will then begin to re-build new, healthy tissue. This meal plan does not provide enough food to do more than begin this process, so you will soon need to increase your eating to continue to improve your nutrition and your health.

Meal plan for restoring regular eating

<b>BREAKFAST</b>	50mls fruit juice mixed with 50mls water
	30g cornflakes or rice crispies with 150mls milk, or porridge made with 30g porridge oats and served with 150mls milk
	200ml drink
<b>MID-MORNING</b>	200mls semi-skimmed milk
<b>LUNCH</b>	50mls fruit juice mixed with 50mls water
	a small serving of a soft, cooked dish such as: <ul style="list-style-type: none"> <li>▪ 150g shepherd's pie</li> <li>▪ 100g fish in white sauce with 60g mashed potato</li> <li>▪ 150g pasta in cheese sauce</li> <li>▪ 150g pasta in (milk-based) mushroom sauce</li> <li>▪ 100g cauliflower cheese with 60g mashed potato</li> <li>▪ 2 egg plain omelette with 1 slice white bread, with butter or margarine</li> </ul> (all weights given are for cooked food)
	60g serving of a soft vegetables such as swede or carrots or cauliflower
	small serving of soft, milk-based dessert, such as: <ul style="list-style-type: none"> <li>▪ 150g rice pudding</li> <li>▪ 100g stewed fruit or fruit tinned in juice, with 100g custard</li> <li>▪ 1 carton (at least 120g) whole milk yogurt</li> </ul>
	200ml drink
<b>TEA</b>	200ml semi-skimmed milk
<b>DINNER</b>	50mls fruit juice mixed with 50 mls water
	a small serving of a soft cooked dish such as: <ul style="list-style-type: none"> <li>▪ 150g shepherd's pie</li> <li>▪ 100g fish in white sauce with 60 g mashed potato</li> <li>▪ 150g pasta in cheese sauce</li> <li>▪ 150g pasta in (milk-based) mushroom sauce</li> <li>▪ 100g cauliflower cheese with 60 g mashed potato</li> <li>▪ 2 egg plain omelette with 1 slice white bread, with butter or margarine</li> </ul> (all weights given are for cooked food)
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	200ml drink
<b>SUPPER</b>	200mls semi-skimmed milk

### Restoring healthy eating

This meal plan is for you to use to improve your nutrition and move towards a healthy weight. It is designed to achieve weight gain at a rate of about 0.5 kg per week, but this does vary from one person to another.

It provides all the essential nutrients that you need to restore healthy tissue.

You may want to move onto it gradually. You should try to make sure you have all the milk and milky foods, and the fruit juice, from the beginning. You can use these foods to adjust the plan:

- the toast at breakfast
- the cereal bar at lunch
- the food with the snack in the afternoon (but you must have the milk drink)
- the biscuits in the evening.

At first you could leave them out, then add them if your weight gain slows down too much. Discuss this with your therapist.

You may sometimes need a little more to eat, especially on days when you are more active. If you find that you need to eat more to keep your weight gain progressing, you could have the crisps *and* the cereal bar at lunch, and *two* choices from the snack list in the afternoon. Discuss this with your therapist.

## DAILY MEAL PLAN

for restoring good nutrition

<p><b>BREAKFAST</b></p> <p>100ml fruit juice 40g cereal with 150ml semi-skimmed milk 2 slices toast (from a large loaf) with butter, margarine or peanut butter</p>
<p><b>MID-MORNING</b></p> <p>200ml carton fruit juice or yogurt drink</p>
<p><b>LUNCH</b></p> <p>Sandwich or snack on toast: 2 slices bread from a large loaf or a large (60g) roll, with margarine or butter 40g meat, or 80g fish, or 30g hard cheese, or 1 egg, or 50g hummus, or 150g baked beans salad 1 carton whole milk yogurt or a similar milk-based dessert cereal bar or packet of crisps fresh fruit</p>
<p><b>TEA</b></p> <p>200ml semi-skimmed milk with drink mix such as hot chocolate/Ovaltine/Horlicks/Nesquik Snack choice from this list:</p> <ul style="list-style-type: none"><li>▪ 2 slices toast (from a large loaf) with butter, margarine or peanut butter</li><li>▪ cake</li><li>▪ scone with butter and jam</li><li>▪ chocolate bar (such as Twix/Kit-Kat/Yorkie/Penguin biscuit/Club biscuit)</li><li>▪ packet crisps</li><li>▪ 2 crackers or oatcakes with 30g hard cheese</li></ul>
<p><b>DINNER</b></p> <p>Cooked main course, including one food from each group:</p> <ul style="list-style-type: none"><li>▪ 100g meat, or 150g fish, or 50g hard cheese, or 2 eggs, or 150g beans or other pulses, or 150g soya product such as tofu or soya mince (cooked weight)</li><li>▪ 150g potato or rice or pasta (cooked weight)</li><li>▪ 100g vegetables or salad</li></ul> <p>100g sponge or pastry or crumble pudding with 100ml custard or 100ml ice cream</p>
<p><b>SUPPER</b></p> <p>200ml semi-skimmed milk with drink mix such as hot chocolate/Ovaltine/Horlicks 2 biscuits</p>
<p><b>DRINKS</b></p> <p>At least 6 drinks daily, at least 200ml each (including the ones listed)</p>