

# Advice to help you maintain good nutrition

Before your appointment with the dietitian, here are some simple changes you could try to help improve your eating and drinking:

- Enjoy snacks between meals or start having a pudding a little later after your meal.
- Relax your diet – start to have foods that you may have previously avoided, such as crisps, cakes and biscuits (unless you find these foods difficult to swallow) and switch from low fat to full fat products.
- Milk-based drinks are also a good way of adding in extra calories and protein, e.g. milky coffee or hot chocolate made with a full mug of milk.



Here are some links to videos to show how to add extra calories to your meals and drinks:

Fortify your diet: [lead.me/fortify](https://lead.me/fortify)

Nourishing drinks: [lead.me/ndrinks](https://lead.me/ndrinks)



When you attend your appointment, it would be helpful to know your current weight and your previous weights in the last 6 months, if possible.

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Your dietitian: \_\_\_\_\_

Contact number: \_\_\_\_\_