HAVING DIFFICULTIES? – A few helpful hints

Problems with constipation?

- Try to drink at least 6-8 cups of fluid a day, such as tea, coffee, water, fruit juice or milk.
- Have some food rich in fibre (roughage) daily:
  - at least 2 slices of wholemeal bread
  - cereals such as Weetabix, porridge or All Bran
  - digestive or oatmeal biscuits
  - plenty of fruit and vegetables
- Try to get some exercise, as this is important too.

Run down, or lost weight after illness?

Appetite is one of the first things to disappear when you are ill and needs coaxing back. Good nutrition is very important. Aim to have very small but frequent meals and snacks throughout the day. Fortified drinks – Complan or Build-Up – are useful if you are unable to eat much, and make a good bedtime drink when your appetite is poor.

Putting on too much weight?

- It is fat, sugar and alcohol in your diet that you need to reduce to keep your weight down.
- Don't cut out bread and potatoes, but watch what goes on them!
- Try using low fat spread instead of ordinary butter or margarine.
- Try other methods of cooking that avoid adding extra fat, such as grilling or steaming.

Need to keep to a budget?

Try not to cut down on food when you have other bills to pay.
Check that you are receiving all the benefits you are entitled to, contact your local Social Services office, or Citizens Advice Bureau.

- Shop wisely, make a list and buy the essentials first.
- Don't use meat every day, try eggs, or cheese, or vegetarian alternatives – like cauliflower or macaroni cheese.
- Use small quantities of meat; add more vegetables, like beans, peas or lentils, and potatoes to make it go further in stews/casseroles.
- Use up stale bread to make bread pudding, bread and butter pudding, or bread crumbs.
- Use more bread, rice, potatoes and pasta as they are cheap, filling and nutritious.

Not been out lately?

Sunlight helps our bodies to make Vitamin D, which along with calcium, keeps our bones healthy. Just sitting in the open will boost your Vitamin D. If you are unable to get out, discuss with your doctor whether you need a Vitamin D supplement.

Foods rich in Vitamin D are liver, oily fish (such as sardines, pilchards, tuna and salmon), margarines, evaporated milk.

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CENTRE FOR NUTRITION & HEALTH PROMOTION

EAT WELL
STAY WELL
A Guide to Healthier Eating
in Later Life
A varied diet is important to make sure that you are eating a range of foods which will provide the protein, vitamins, minerals and fibre necessary to keep you fit and well.

### Ideas for easy meals

Regular meals are important, but they don’t have to take a long time to prepare and you don’t always have to cook. Try the following easy to prepare ideas.

#### Breakfast
- Instant porridge with hot milk
- Tinned prunes or grape fruit segments
- Wholemeal cereal, such as Shredded Wheat, Weetabix, with dried fruit and milk
- Boiled egg with toast, butter, margarine and yeast extract
- Puffed wheat or Branflakes with sliced banana and milk

#### Snack Meals
- Canned lentil or ‘Main Course’ soup with a wholemeal roll
- Sardines, boiled beans, or scrambled egg on toast
- Digestive biscuit or wholemeal cracker with cheese and a tomato, and a piece of fruit
- Grilled fish fingers and tuna, **chocolate** spaghetti
- Grilled courgette and tomato sandwich
- Jacket potato with tuna and sweetcorn, or cheese and tomato
- Sandwiches made with wholemeal bread filled with meat, fish, cheese or eggs

#### Puddings
- **Fresh Fruit**
- Tinned or stewed fruit with custard or ice cream
- Milk puddings, **Angel Delight**
- Yoghurt, fromage frais

#### What’s in your store cupboard?

Having a selection of foods in the store cupboard can be helpful when you cannot get to the shops. Here are some ideas:

- Dried, canned or UHT (long life) milk, canned milk puddings, UHT yoghurt and custard
- Canned meat and fish, such as corned beef, ham, stewed steak, tuna, pickles, sardines
- Canned fruit and canned vegetables
- Instant mashed potato
- Porridge oats and breakfast cereals
- Crackers and crispbreads, stored in an airtight tin
- Malted milk drinks, hot chocolate, tea, coffee
- Canned or packet soup
- Jam, marmalade, peanut butter
- Vitamin C drinks, such as UHT (long life) fruit juices, Ribena
- Canned pulses, such as baked beans, butter beans, peas
- Dried pulses, such as butter beans, peas
- Dried fruit: prunes, sultanas, etc
- Yeast or yeast extracts, stock cubes

**BUT...** don’t forget to use items from your store cupboard and regularly replace them.

A freezer or freezing compartment in your fridge is also useful for storing a variety of frozen foods, such as frozen vegetables, ready prepared meals, bread, butter or margarine.

Remember: your milkman not only delivers milk, but a range of other foods including bread, potatoes, yoghurt, fruit juice and eggs.