

## Fortified milk

To 'fortify' a pint of full cream milk add 2-4 tablespoons skimmed milk powder, e.g. Marvel or supermarket's own skimmed milk powder. This can be used on cereal, in cups of tea and coffee or drank on its own.

## Suggested meal plan

### Breakfast

- Toast and egg
- Cereal with fortified milk

### Lunch

- Toast or toasted sandwich with cheese and ham
- Beans, spaghetti or ravioli with toast
- Sandwiches
- Soup (fortified) with bread
- Samosa, pakora, fried dumpling
- Yoghurt, ice-cream, fruit and custard

### Evening meal

- Cauliflower or macaroni cheese
- Pasta dishes, e.g. lasagne, cannelloni
- Jacket potato with butter and filling
- Fish and chips
- Pie and beans
- Chilli-con-carne
- Curry
- Yoghurt/rice pudding, fruit and custard

Don't forget to add snacks in between meals and try to have something to eat and drink before you go to bed.

## Snack ideas

These are just a few snack ideas which you can try throughout the day:

- A sandwich or toasted sandwich
- Handful of mixed unsalted nuts
- Beans/egg/spaghetti on toast
- A bowl of soup
- Two biscuits with a glass of fortified milk
- Cereal and milk
- Any fruit
- A slice of toast with butter
- Chopped vegetables with dips
- A bowl of ice cream
- A yogurt with chopped fruit
- A pie or pasty



The Trust provides free monthly health talks on a variety of medical conditions and treatments. For more information visit [www.uhb.nhs.uk/health-talks.htm](http://www.uhb.nhs.uk/health-talks.htm)

---

### Burns and Plastics

**Queen Elizabeth Hospital Birmingham**

Mindelsohn Way, Edgbaston  
Birmingham, B15 2GW

Tel: 0121 371 5462 (Answer machine)

---



**University Hospitals Birmingham**  
NHS Foundation Trust



## Building healthier lives

**UHB is a no smoking Trust**

To see all of our current patient information leaflets please visit [www.uhb.nhs.uk/patient-information-leaflets.htm](http://www.uhb.nhs.uk/patient-information-leaflets.htm)

## Why is food important in recovery?

It is important that your body gets the right amount of nutrients in order for it to repair itself.

It is important that you eat a balanced diet and drink plenty of fluids. In addition to this you will also need to eat extra protein and energy for your body to make new skin.

Your skin acts as a barrier against bacteria. Eating a balanced diet will help your body prevent and fight infection.

**Try to have at least three meals a day and include plenty of foods from the following groups:**

### Starchy food

At each meal try to choose one of the following:

Bread, breakfast cereal, potato, rice, pasta, noodles, chapatti, green banana, crackers, crispbreads.

### Protein foods

At least 2 meals per day, aim to have one of the following:

Meat, poultry, fish, cheese, egg, lentils, dahl, beans, soya.

Also aim to have a pint of milk throughout the day (this can be used on cereals, in drinks, puddings, soups, etc).

### Fruit and vegetables

Aim for at least 5 portions of a variety

of fruit and vegetables as snacks or as part of a meal. If your appetite is very poor, still try to aim for at least 3 portions a day. These provide vitamins and minerals which are important in helping with repair and growth.

## If your appetite is poor

**Aim for 3 small meals per day with 3 small snacks or nutritious drinks.**

Remember that larger portions may put you off so have smaller portions – you can always go back for a second helping.

If you do not feel like eating, try having smaller meals and snacks more often, for example, every 2-3 hours.

**Try to have 2 puddings per day after or in between your 3 meals for example:** yoghurts, milk puddings, cake or fruit pie with custard, cream or ice cream.

**Have snacks in between meals as long as they don't interfere with main meals** for example: cakes, chocolates, biscuits, crackers and cheese, yoghurts, crisps, nuts. If you have diabetes continue to have low sugar products.

**Have fluids after your meal** – increasing your fluid intake is also important. Try to take drinks after/away from meal times so that you don't fill up on fluid. This will allow room for your meals.

### Supplement drinks

You may need nutritional supplement drinks in addition to your food intake.

Your GP can advise you in this situation.

On days when you don't feel well and you can't manage food, having a supplement drink or a small snack is better than going for long periods of time without food.

Having milky drinks, fortified milk (see below) such as hot chocolate, milky coffee, or Horlicks.

## Ways to increase your energy intake

If you are only able to eat small amounts you can increase a meal's nutritional content by **fortifying** foods. This is done by adding extra ingredients to a food to increase its energy content.

These are some suggestions for fortifying foods.

**To breakfast cereals add:** yoghurt, dried fruit, nuts or evaporated milk.

**To vegetables add:** cheese, margarine, butter, cream, mayonnaise or milk sauces.

**To soup add:** cheese, milk powder, pasta, cream or beans.

**To puddings add:** custard, evaporated milk, condensed milk, ice-cream or cream, dried milk.

Try to use full cream milk, margarine (not reduced fat) or butter. Have 'normal' squashes, drinks and puddings unless you are diabetic or otherwise advised.