



A diet often used for patients having undergone or just about to undergo major surgery as well as those with ongoing illness such as cancer and inflammatory bowel disease.

When the amount of energy taken in is important but where an individual may not want or be able to tolerate large volumes of food, concentrated energy foods, high in protein are necessary.

Eat “little and often” and snack between meals. Now is not the time for a baked potato, salad and what is perceived by many to be the “healthy-eating” of three meals a day.

Foods high in energy and protein

Cheese, Milk, Eggs, Sugar, Chicken and Fish
Snacks
Chocolate
Dried fruit and nuts
Biscuits

Food supplementation

Add milk, cream, butter and syrup to any foods where possible
“Build-up” style additions to liquids
Carton drinks (Fortijuce, Fortisip)
An aperitif (sherry, whisky etc) often stimulates appetite
A multivitamin supplement