

Trying to gain weight with a cardio protective diet

Changes to make to your diet with a cardio protective diet

Am I able to adapt my diet if I have heart problems or a high cholesterol level?

Even if you have heart problems or a high cholesterol level, but are experiencing a poor appetite, the portion sizes at your main meals will probably be smaller than normal. This can result in you losing weight and becoming unwell. It is important to try to prevent weight loss or help you gain weight, that you adapt what you are eating to ensure every mouthful is full of nourishment.

How should I adapt my diet?

There are three main areas you can adapt your diet:

1. Having small nourishing snacks between your main meals.
2. Drinking nourishing drinks
3. Adding extra nutrition to certain food dishes

Information on all these areas is below.

Will these changes adapt my cholesterol levels?

All the recommendations below are suitable for a cardio protective diet. The extra fat added to drinks and dishes is from “good fats” (poly/mono unsaturated) which do not negatively impact your cholesterol, but are an excellent source of extra calories. If you are on cholesterol tablets you should still take this medication when your appetite is poor.

Nourishing drinks suitable for a cardio protective diet

- Using fortified milk in all drinks (made with semi skimmed or skimmed milk)
- Glass of milk (semi skimmed)
- Milkshake (semi skimmed)
- Milky coffee (semi skimmed)
- Milky hot chocolate (semi skimmed)
- Milky malted drinks (semi skimmed)
- Glass of fruit juice
- Smoothies
- Full sugar fizzy drinks or cordials
- Beer, cider, wine, sherry (check if suitable for any medications)





Fortified milk

Ingredients

- 1 pint of semi skimmed or skimmed milk
- 5 heaped tablespoons of skimmed milk powder
- (or 1 heaped tablespoon of skimmed milk powder to each 100mls of milk)



Method

- Mix the skimmed milk powder with a small amount of milk to form a runny paste.
- Add the remainder of the milk, whisk until smooth
- Use one pint of fortified milk within 24 hours

Serving suggestions

- Pour on breakfast cereals
- Use in tea and coffee
- Heat to prepare a fortified milky coffee, hot chocolate, cup a soup or malted drink
- Mix with milkshake flavouring for a fortified milkshake

Tips on fortified milk

- If there are small amounts of milk powder which has not dissolved, pour the fortified milk through sieve prior to using.
- If the fortified milk tastes too creamy, use a lower fat milk such as semi skimmed or skimmed milk.

Nutritional information:

- Per pint: 535 calories, 47g protein

Nourishing snacks suitable for a cardio protective diet

- Small sandwich (e.g. ham, cheese, tuna, peanut butter)
- Cracker with thickly spread full fat olive oil margarine and low fat cheese
- Teacake with thickly spread full fat olive oil margarine and jam
- Crumpet with thickly spread full fat olive oil margarine and jam
- Handful of nuts
- Malt loaf with thickly spread full fat olive oil margarine
- Fruit scone with thickly spread full fat olive oil margarine and jam
- Homemade cakes made with full fat olive oil based margarines.
- Fortified mousse (made with 100% semi skimmed milk, no added cream)
- Hot cross bun with thickly spread full fat olive oil margarine
- Crisps
- Flapjack
- Vanilla ice cream
- Cereal bar
- Dried fruit (Handful/egg cup)
- 4 jellied sweets (e.g. York Jelly Fruits)
- Handful of boiled sweets



Fortifying dishes suitable for a cardio protective diet

A fortified diet is when a food dish, such as custard, milk pudding, porridge or soup is adapted by adding everyday foods which are high in calories and protein. This does not increase the volume but can significantly increase the calories, protein, and other nutrients.

- Skimmed milk powder is an excellent way to add extra protein.
- Adding ONE heaped tablespoon of skimmed milk powder, mixed with TWO tablespoons of semi skimmed milk, can provide an extra 65 calories and 6g protein.
- Try to fortify three dishes daily, for example fortified milk on breakfast cereal or fortified porridge at breakfast, fortified custard, or milk pudding at lunch, then fortified soup at your evening meal.
- When choosing a skimmed milk powder, try to use on which has at least 30g protein per 100g of skimmed milk powder.



You may add extra calories by adding food items which add calories and other nutrients to your diet, these are called 'food boosters'. Examples of 'food boosters' could be:

- A heaped teaspoon of jam with milk pudding (50 calories)
- Spreading olive oil based margarine thickly on bread or toast (75 calories/heaped teaspoon)
- A heaped teaspoon of peanut butter on a cracker (100 calories)
- A dessertspoon of dried fruit on cereal (50 calories)
- A dessertspoon of nuts (60 calories)
- A teaspoon of honey on porridge (25 calories)
- Frying foods in oil will enhance the calories



Video recipes and a recipe sheets on preparing fortified drinks and dishes is available for carers and family on www.focusonundernutrition.co.uk/services/training/

For further information view the Focus on Undernutrition leaflets on:

- Nourishing snacks
- Nourishing drinks
- Fortified diets
- Fortified drinks

www.focusonundernutrition.co.uk/resources/free-resources