

## Trying to gain weight with diabetes

### Changes to make to your diet with diabetes

#### Am I able to adapt my diet if I have diabetes?

Even if you have diabetes 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 diabetes blood sugar levels?

All the recommendations below are suitable for diabetes. However, if you identify your blood sugars are increasing, speak to your healthcare professional who may short term adapt your diabetes medication while your appetite is reduced and you are required to eat extra snacks and nourishing drinks.

### Nourishing drinks suitable for diabetes

- Using fortified milk in all drinks
- Glass of milk
- Milkshake (made with sugar free milkshake syrups)
- Milky coffee
- Milky hot chocolate (made with lower sugar hot chocolates, e.g. Highlight, Options)
- Milky malted drinks (made with lower sugar malted drink powders, e.g. Horlick extra light, Ovaltine extra light)
- Glass of fruit juice (150mls only once daily)
- Beer, cider, wine, sherry (check if suitable for any medications)





## Fortified milk

### Ingredients

- 1 pint of full cream 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: 630 calories, 47g protein

## Nourishing snacks suitable for diabetes

- Small sandwich (e.g. ham, cheese, tuna, peanut butter)
- Cracker with thick butter and cheese
- Teacake with butter and reduced sugar jam
- Crumpet with butter and reduced sugar jam
- Handful of nuts
- Malt loaf with thick butter
- Fruit scone with butter, reduced sugar jam and whipped cream
- Reduced sugar cake (made with 50% sugar in the recipe)
- Fortified mousse (made with sugar free instant dessert powder)
- Hot cross bun with thick butter
- Mini sausage roll
- Mini pork pie
- Crisps
- Flapjack
- Vanilla ice cream
- Yoghurt (Thick and creamy)
- Cereal bar
- Dried fruit (Handful/egg cup)



## Fortifying dishes suitable for diabetes

A fortified diet is when a food dish, such as reduced sugar custard, reduced sugar 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. Double cream is fantastic at providing extra calories.
- Adding ONE heaped tablespoon of skimmed milk powder, mixed with TWO tablespoons of double cream, can provide an extra 185 calories and 5g 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 handful of grated cheese on a soup or in scrambled egg (125 calories)
- A heaped teaspoon of cheese spread melted into soup or mashed potato (75 calories)
- A heaped teaspoon of reduced sugar jam with milk pudding (20 calories)
- A tablespoon of full fat mayonnaise mixed with a sandwich filling (225 calories)
- Spreading butter or margarine thickly on bread or toast (75 calories/heaped teaspoon)
- A heaped teaspoon of clotted cream on top of a scone or cake (90 calories)
- Pouring two tablespoons of double cream over cake or fruit (135 calories)
- 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)



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/](http://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](http://www.focusonundernutrition.co.uk/resources/free-resources)