

NOT EATING QUITE ENOUGH?

BRING  
BACK



BREAKFAST



# FRUITY PORRIDGE

## INGREDIENTS

4 tbsp porridge oats

150ml whole milk

1 tbsp sugar

1 handful dried fruit  
or a sliced banana or  
stewed apple

1 tbsp honey

## INSTRUCTIONS

Mix the porridge oats  
and milk in a saucepan  
for a few minutes

Stir in sugar and honey

Take the pan off the heat  
and stir in the fruit

Place in a bowl and top  
with extra honey

## TO MAKE PORRIDGE IN THE MICROWAVE

Place all ingredients in a large microwavable bowl.  
Microwave for 5 minutes on high, stirring half way  
through. Leave to stand for 2 minutes before eating.

LOST YOUR APPETITE?

BRING  
BACK



SNACKS

**Dairy**  
UK

# WHEN DID YOU LAST EAT OR DRINK?

TRY TO EAT AND DRINK REGULARLY, EVEN IF IT'S SOMETHING SMALL!




06:00	<b>TRY BREAKFAST</b>	06:00
07:00	Porridge, cereal or scrambled eggs	07:00
08:00		08:00
09:00	<b>TRY A SNACK</b>	09:00
10:00	Toasted teacake & butter	10:00
11:00		11:00
12:00		12:00
13:00	<b>TRY A SMALL MEAL</b>	13:00
14:00		14:00
15:00	<b>TRY A SNACK</b>	15:00
16:00	Cheese and biscuits or yogurt	16:00
17:00		17:00
18:00		18:00
19:00	<b>TRY A SMALL MEAL</b>	19:00
20:00		20:00
21:00	<b>TRY A HOT MILKY DRINK</b>	21:00
22:00	Hot chocolate or warm milk and honey	22:00
23:00		23:00

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Improving later life

 **NPA**  
National Pharmacy Association  
we care

 **CONTACT**  
the elderly

 **MALNUTRITION**  
TASK FORCE

**Guy's and St Thomas'**   
NHS Foundation Trust

GETTING THIN AND FRAIL  
DOESN'T HAVE TO BE A NORMAL PART OF AGEING  
For more recipes and advice visit [www.milk.co.uk](http://www.milk.co.uk)

FEELING A LITTLE WEAKER?

BRING  
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HOT MILKY DRINKS

# DREAMY MILK DRINK



## INGREDIENTS

1 cup whole milk

1 teaspoon honey  
or sugar

2 drops vanilla  
extract

Pinch ground  
cinnamon

## INSTRUCTIONS

Stir together  
cinnamon and sugar,  
then stir into milk

Stir in the vanilla

Place mug in microwave  
for 1½ minutes

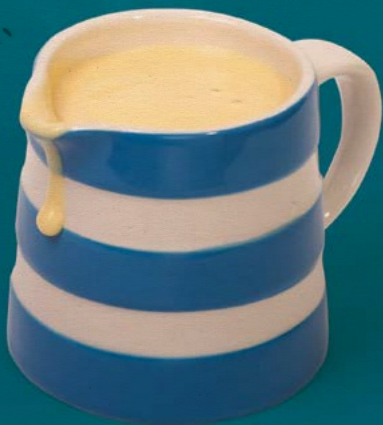
Stir before drinking

## USING A MICROWAVE

Microwave devices vary so check your  
manufacturers instructions.

GETTING A LITTLE THIN?

# BRING BACK



PUDDINGS

# TASTY PUDDING IDEAS



## MILK PUDDINGS

e.g. rice,  
semolina, tapioca  
or sago pudding  
(homemade or  
shop-bought)

YOGURTS - avoid  
using "diet", "light"  
or "low-fat" versions

ICE CREAM topped  
with fruit, grated  
chocolate, ground  
nuts or sauce

FRUIT TRIFLE (homemade  
or shop bought)

FRUIT (fresh, tinned  
or frozen) with custard,  
cream, ice cream or other  
toppings

PIES or CRUMBLES with  
custard, cream, ice cream  
or other toppings

COLD SET DESSERTS  
e.g. milk jelly or  
blancmange

**REMEMBER:** Puddings can taste good  
at any time of the day or night.