This fact sheet is designed for adults who are malnourished or may be at risk of under-nutrition. It will give you tips for increasing your calorie and nutritional intake. It should be used for a limited period of time only. If you are already on a special diet, please consult your doctor or dietitian before following the advice in this factsheet.

Malnutrition Universal Screening Tool (MUST) is used for this assessment.

If you scored a MUST score of two or more you are at high risk of malnutrition.
Please inform your GP who can advise you and may refer you to a Dietitian.

If you scored a MUST score of up to one you are at medium risk of malnutrition.
Please follow the steps below:

Step One: Increase your calorie intake (see tips and advice below)
Step Two: Monitor your weight monthly (see handy table overleaf)
Step Three: Inform your GP if you lose weight unintentionally

The eat well plate

A healthy balanced diet is also important. Aim to include fruit and vegetables daily and some protein and starchy carbohydrates at each meal.

Step One - Tips for increasing your nutritional intake:

How can I increase my calories?

- Eat small frequent meals
- Include nourishing drinks each day such as hot milk, hot chocolate*, Horlicks®, cocoa*, Build-up® or Complan®
- Try to have a pudding once or twice a day*
- Try to serve meals with sauce, such as gravy, white sauce or cheese sauce
- Eat regular high calorie snacks such as crisps, nuts dried fruit*, cheese and biscuits*, cakes*, biscuits*, full fat yoghurts, sandwiches

NB: Products marked * may not be suitable for patients with diabetes

---

*NB: Products marked * may not be suitable for patients with diabetes*
What can I add to my food?

- Non diet margarine/butter
- Vegetable oil (rape seed, ground nut, olive)
- Cheese, hard or cream
- Full cream milk
- Cream
- Evaporated/condensed milk
- Skimmed milk powder
- Honey*
- Maple syrup*
- Jam*
- Marmalade*
- Sugar*

How to add extra calories to food?

- Add sugar* or custard to fruit or desserts
- Add cheese, cream or skimmed milk powder to soups, cereal and desserts
- Use margarine, butter, jam* or honey* on toasted muffins, crumpets or teacakes
- Eat yoghurt or pudding pots, such as mousse/trifle*
- Have cakes* such as muffins, cupcakes or fruit cake
- Add peanut/nut butter, margarine, and cheese to crackers or biscuits
- Cook using vegetable oil
- Add margarine or butter to vegetables, or mayonnaise to salads

*NB: Products marked * may not be suitable for patients with diabetes

Step Two

Weigh yourself on a regular basis, at least once a month but no more than once weekly

My Height is ....................... (Feet & inches or metres)

<table>
<thead>
<tr>
<th>Date</th>
<th>Weight</th>
<th>Date</th>
<th>Weight</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

Step Three

Inform your GP if you have been unintentionally losing weight.