

**Polish:** Jeżeli potrzebujesz tych informacji w innym formacie, jak na przykład w dużej czcionce, w formacie audio lub w innym języku, prosimy o kontakt z Cambridgeshire and Peterborough Foundation Trust (Publiczny Zespół Opieki Zdrowotnej i Środowiskowej) pod numerem telefonu: 01223 726767 lub email na adres: [communications@cpft.nhs.uk](mailto:communications@cpft.nhs.uk)

**Portuguese:** Se precisar desta informação em formato diferente, tal como impressão em letra grande, cassete áudio ou noutra língua, por favor contacte o *Cambridgeshire and Peterborough Foundation Trust* (Trust NHS dos Serviços Comunitários de Cambridgeshire), através do telefone 01223 726767, ou envie um e-mail para: [communications@cpft.nhs.uk](mailto:communications@cpft.nhs.uk)

**Russian:** Если данная информация требуется в другом формате, например крупным шрифтом, аудиозаписи или на другом языке – просим обращаться в Социальные Службы Общественного Фонда Здравоохранения Графства Кембриджшир, по телефону 01223 726767 или отправлять электронное сообщение по адресу [communications@cpft.nhs.uk](mailto:communications@cpft.nhs.uk)

**Cantonese:** 本資料亦以特大字體、錄音形式或其它語文提供，如有需要，請聯絡劍橋郡社區服務國家健康信託 (Cambridgeshire and Peterborough Foundation Trust)，電話 01223 726767 電郵地址 [communications@cpft.nhs.uk](mailto:communications@cpft.nhs.uk)

**Turkish:** Eğer bu bilginin kendi dilinizde çevirisini (ya da daha büyük harflerle baskısını veya kasete kayıtlı halini) isterseniz, lütfen Cambridge Bölgesi Kamu Hizmetleri Ulusal Sağlık Hizmeti Birimini (Cambridgeshire and Peterborough

# How to Enrich your Meals

Nutrition & Dietetics



Clinician: \_\_\_\_\_

Contact number: \_\_\_\_\_

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Leaflet review date: May 2020

## Patient Advice and Liaison Service

For information about CPFT services or to raise an issue, contact the Patient Advice and Liaison Service (PALS) on Freephone 0800 376 0775, or e-mail [pals@cpft.nhs.uk](mailto:pals@cpft.nhs.uk)

## Out-of-hours service for CPFT mental health service users

Please call **NHS 111** for health advice and support.

If you require this information in another format such as braille, large print or another language, please let us know.

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CPFT supports the **HeadtoToe Charity** – visit [www.HeadToToeCharity.org](http://www.HeadToToeCharity.org) for details on how you can help



### Enriched milk:

Add 4 tablespoons of milk powder to one pint of full-fat milk to enrich its nutritional content.

You can then use this enriched milk instead of ordinary milk or water to make up: coffee, packet soups, sauces, jelly, milk pudding, porridge and to have with any other breakfast cereals.

Alternatively, you can add 1-2 teaspoons of milk powder to cups of tea, coffee and any other hot drinks.



### Breakfast cereals:

To increase the calories in your bowl of breakfast cereals, try adding:

- Enriched milk (see above)
- Evaporated milk
- Yoghurt (full-fat)
- Syrup, honey or sugar
- Fresh or dried fruit pieces



### Potatoes and vegetables:

To increase the calories in your vegetable portions, try adding:

- Grated cheese
- Cream
- Margarine/ butter
- Salad cream
- Milk-based sauces
- Fried onions

### Soup:

To increase the calories in your soup dishes, try adding:

- Grated cheese
- Cream
- Dried milk powder
- Evaporated milk
- Dumplings
- Baked Beans
- Pasta

### Puddings:

To increase the calories in your pudding dishes, try adding:

- Cream
- Evaporated/ condensed milk
- Custard
- Margarine/ butter
- Ice-cream
- Jam, honey or syrup
- Dried fruit



### For further information about this service contact:

#### Nutrition & Dietetics on:

**0330 726 0077**

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