

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

WHEN DID YOU LAST EAT OR DRINK?

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



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

FEELING FRAIL?

BRING
BACK



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.