NOT EATING QUITE ENOUGH?

BRING BACK



BREAKFAST



FRUITY PORRIDGE



INGREDIENTS

4 tbsp porridge oats

150ml whole milk

I tbsp sugar

I handful dried fruit or a sliced banana or stewed apple

I 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

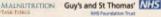
Place all ingredients in a large microwaveable bowl. Microwave for 5 minutes on high, stirring half way through. Leave to stand for 2 minutes before eating.













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!



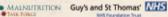
06:00	TRY BREAKFAST	06:00	l
07:00	Porridge, cereal or scrambled eggs	07:00	
08:00	TRY A SNACK Toasted teacake & butter	08:00	l
09:00		09:00	ı
10:00		10:00	ı
11:00	TRY A SMALL MEAL	11:00	
12:00		12:00	١
13:00		13:00	ı
14:00	TRY A SNACK	14:00	
15:00		15:00	ı
16:00		16:00	ı
17:00	TRY A SMALL MEAL	17:00	
18:00		18:00	١
19:00		19:00	۱
20:00		20:00	ı
21:00	TRY A HOT MILKY DRINK	21:00	
22:00		22:00	
23:00	Hot chocolate or warm milk and honey	23:00	













FEELING FRAIL?

BRING BACK



HOT MILKY DRINKS



DREAMY MII K DRINK



INGREDIENTS

I cup whole milk

I 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 11/2 minutes

Stir before drinking

USING A MICROWAVE

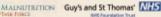
Microwave devices vary so check your manufacturers instructions.













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.









