

## TOO TIRED TO PREPARE FOOD?

It is common to feel tired and weak during your treatment. This can make eating difficult and you may feel as if you can't be bothered to eat. However, it is important that you still try to eat as well as you can.

The following ideas may help:

- If possible, ask a relative or friend to do your shopping for you. Make a detailed list of what you need
- Consider having your milk delivered to your door by a milk man. Some milk men can also deliver bread, eggs and fruit juice
- Have tins and packets of easy-to-prepare foods in your cupboard, for example:
  - Breakfast cereals (which can be eaten at any time of the day). Eat these with full cream milk
  - Tinned or packet soup. Try making these up with full cream milk to add extra calories
  - Tinned meats and fish, tinned stews or minced beef
  - Tinned pasta, e.g. macaroni cheese, ravioli, spaghetti bolognese
  - Tinned or powdered potatoes. Add plenty of butter or margarine
  - Baked beans and tinned vegetables
  - Tinned milk puddings, e.g. custard, rice, semolina
  - Tinned fruit and evaporated or condensed milk
- **Fridge snacks**
  - Full cream milk, prepared milk shakes or yoghurt drinks
  - Full fat yoghurts, mousses, crème caramel, trifles
  - Rice pudding style desserts or chocolate desserts
  - Cheese (hard cheese, cheese spreads or cheese triangles) to eat with butter and crackers
  - Fruit juices or smoothies
- **In the freezer**
  - Full fat ice cream or frozen desserts
  - Try frozen ready meals. These can be purchased from supermarkets or delivered to your door by suppliers such as Wiltshire Farm Foods (Telephone 01845 578784 for deliveries in the Harrogate area) or WRVS (01423 522952)

- **‘Supplement’ drinks**

- e.g. Build Up and Complan. These high calorie nourishing drinks are available to buy from chemists and supermarkets. There is a wide range of sweet (milk shake) and savoury (soup) flavours. Try to take these as between meal snacks or as a bed time drink, rather than as meal replacements

### **Extra Help?**

You may be entitled to extra help such as a home help or ‘meals-on-wheels’. Discuss this with your nurse

### **Losing Weight?**

If you are eating less than normal you will start to lose weight. Refer to the sheet on ‘Dietary Advice for a Poor Appetite’ for more ideas on how to prevent weight loss

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