



Motivational Messages

Once on Day 1 @ 08:10 - Hello, Flo will support the Nutrition and Dietetic Team to help you with your eating.

Every 4 weeks starting on Day 3 @ 08:30 - Hello, using fortified 'BLUE TOP' wholemilk is a good way to increase your calorie and protein intake. Add 3 tbsp of milk powder to a pint of whole milk, Flo

Every 4 weeks starting on Day 4 @ 08:30 - Hello, FULL FAT PRODUCTS are better than the lower fat options. Flo.

Every month starting on Day 4 @ 10:15 - Hello, remember to take SNACKS in-between meals, Flo.

Every month starting on Day 5 @ 10:20 - Hello, SMALLER more FREQUENT MEALS are easier to manage when your appetite is small, Flo.

Every month starting on Day 6 @ 12:00 - Hello, try to have a least one PUDDING per day - add cream, custard or ice cream for extra calories, Flo.

Every month starting on Day 6 @ 16:00 - Hello, serve meals with a SAUCE or accompaniment. Try a rich gravy, cheese or white sauce with your main meal, Flo.

Every month starting on Day 7 @ 09:15 - Hello, SHOPPING LIST: work out your weekly plan so you don't miss a meal. Flo.

Every month starting on Day 8 @ 09:00 - Hello, if you require additional support with your eating and weight, call your dietitian on the number that was provided to you, Flo.

Once on Day 9 @ 09:30 - Hello, remember to pick up your NUTRITIONAL SUPPLEMENT prescription from your local community pharmacists. Flo.

Every 4 weeks starting on Day 9 @ 14:00 - Hello, if you'd like more ideas, the following WEBSITE is very helpful <http://www.knowledge.scot.nhs.uk/taysidenutrition/oral-nutritional-support.aspx>, Flo.

Every month starting on Day 10 @ 08:00 - Hello, add FORTIFIED WHOLE MILK, cream or sugar to cereal and porridge for breakfast, Flo.

Every 2 weeks starting on Day 10 @ 09:00 - Hello, remember to take your NUTRITIONAL SUPPLEMENT as advised by your dietitian. Flo.

Every month starting on Day 11 @ 16:00 - Hello, include one or more of: meat, fish, eggs, milk, cheese, yoghurt, beans or lentils with each meal, Flo

Every month starting on Day 11 @ 10:00 - Hello, SUPPLEMENTS can be filling so have them between or after meals. Flo.

Every 2 weeks starting on Day 12 @ 14:00 - Hello, remember your HIGH CALORIE SNACKS between meals such as biscuits, chocolate, crisps and nuts. Flo.

Every month starting on Day 12 @ 10:00 - Hello, NUTRITIONAL SUPPLEMENTS are refreshing when served cold. Please see recipes provided by your dietitian for ideas, Flo.

Every month starting on Day 13 @ 15:30 - Hello, CONVENIENCE foods: pies, pastries, pizza and sausages are tasty and a good source of calories. Flo.

Every month starting on Day 13 @ 12:00 - Hello, having SOUP? Add fortified whole milk, cream or grated cheese. Flo.

Once on Day 14 @ 10:30 - Hello, READY MEALS are useful. Have a supply in your fridge, freezer and store cupboard, Flo.

Every month starting on Day 15 @ 10:00 - Hello, look at RECIPES provided for ideas on how to take your nutritional supplement. Flo.

Every month starting on Day 16 @ 14:30 - Hello, HOT DRINKS - try a milky coffee or hot chocolate with extra cream. You could use fortified whole milk and add marshmallows. Flo.

Every month starting on Day 17 @ 14:30 - Hello, COLD DRINKS - try home made milkshakes with ice-cream added. Flo.

Every month starting on Day 18 @ 12:00 - Hello, SANDWICH IDEAS. Spread thickly with butter or margarine and add meat, cheese, eggs or fish and top with mayonnaise, salad cream or chutney. Flo.

Every month starting on Day 19 @ 12:00 - Hello, fresh FRUIT/ tinned or stewed can be even tastier by adding ice-cream, custard, yoghurt or cream as a dessert or snack. Flo.

Every Sunday starting on Day 19 @ 09:00 - Hello, why not go for a FULL BREAKFAST, bacon, sausage or egg (scrambled, poached, boiled) with toast. Flo.

Every Saturday starting on Day 22 @ 08:30 - Hello, BREAKFAST - use plenty of butter/margarine, jam, marmalade or honey on bread, rolls or crumpets. Flo.

Once on Day 77 @ 08:00 - Hello, to help us improve I'll ask you some questions about Flo. Your answer will either be #1 if you agree or #2 if you disagree