

BASELINE WEIGHT READING FOLLOWING OPTING INTO SERVICE

Flo will help support the Nutrition and Dietetic Team to help you gain weight, can you please weigh yourself now and send me your weight in kilograms. Reply to this message with WT followed by your weight, e.g. WT 45 Thanks

MONTHLY REMINDER, THURSDAY @ 19:00

Good evening, remember you'll need to feed back your weight for the dietitian tomorrow (in kilograms) when you receive the message prompt around 10.00am. Take care, Flo

**MONTHLY WEIGHT READING, FRIDAY @
10:00**

Good morning! Please let me know your weight today in kilograms. Reply to this message with WT followed by your weight, e.g. WT 45. If you have any problems please call 01851 708279
Thanks, Flo

8 HOURS LATER IF NO REPLY

I've noticed you haven't sent me your weight today in kilograms, please reply to this message with WT followed by your weight e.g. WT 45
Thanks, Flo

TARGET WEIGHT OR ABOVE
Great news, you are really making progress Flo

WEIGHT LOSS OF 1KG OR MORE
Your weight seems to be falling, try to have regular meals and snacks and don't miss any out. Call 01851 708279 if it helps.

PATIENTS ALSO RECEIVE WEEKLY MOTIVATIONAL MESSAGES:

- Smaller more frequent meals are easier to manage when your appetite is small
- Remember to take snacks in-between meals
- Convenience foods are useful when you don't have the energy to cook, have a supply in your freezer
- Try to have at least one pudding per day, use your Food First booklet for ideas
- Work out a plan of what you are going to have at each meal a few days in advance, you are then less likely to miss a meal
- Remember to add double cream and butter to foods such as mashed potato, soups
- Need shopping list ideas? Email: wi-hb.dietetics@nhs.net or call 01851 708279
- If you have been prescribed a supplement, don't forget to take it – if you are finding it difficult to take, contact the dietetic team on 01851 708279 to discuss an alternative
- Using fortified milk is a good way to increase your calorie and protein intake. Make this by adding 3 tablespoons of dried skimmed milk powder to a pint of full cream milk. You can use this in drinks, sauces, puddings or when cooking
- If you have been prescribed a supplement it is best to take it cool so remember to always have some bottles in your fridge
- Choose full fat and full sugar* products rather than 'diet', 'low fat' or 'healthy eating' varieties as these provide more calories
- Serve meals with a sauce or accompaniment. Try a rich gravy, cheese or white sauce with your main meal and custard, cream or ice cream with your dessert

FORTNIGHTLY SUPPORT MESSAGE (MONDAY)

If you think that additional support with your eating and weight gain would be helpful, call 01851 708279 to discuss an additional consultation with a dietitian, Flo