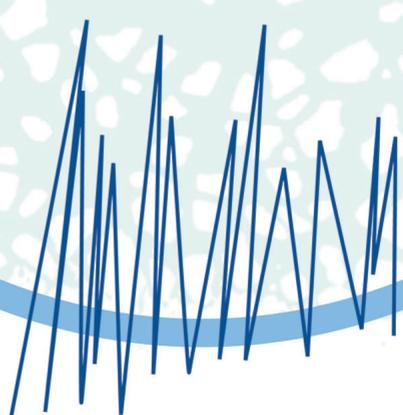


Heart healthy eating with a small appetite

A patient's guide



Why do you need to eat well?

- If you have a small appetite, you may have lost weight or be at risk of losing weight and need extra nourishment.
- Eating too little may affect your energy levels.
- Eating a varied diet that includes high protein, high calorie food and drinks that are also heart healthy helps you to get all the nutrition that your body needs.
- This can help you regain weight, prevent any further weight loss, feel stronger, fight infections, improve wound healing and recover from illness more quickly.

Tips to help you maintain or gain weight

Maintaining a healthy weight is important. The following advice is suitable if you have heart problems or high cholesterol. It provides suggestions on how to make your diet as nutritious as possible with ideas to help you gain weight, prevent further weight loss and protect your heart.

Vegetable fats and oils are healthier choices than animal fats. Choose full fat olive oil spreads instead of butter and use vegetable oil (rapeseed) or olive oil for cooking.

Eat little and often

- Try having three smaller meals and two to three nourishing snacks in between, rather than three big meals.
- Make the most of times when you feel hungry. If this is in the morning try having a cooked breakfast.
- Large meals can be off-putting. Have a small portion to tempt your appetite and a second helping if you can manage it.
- If you do not feel you can manage pudding after a meal, have it an hour later.
- Try to include foods that are high in protein and calories at all mealtimes.
- Good sources of protein include meat and poultry (remove skin from chicken and any visible fat from meat), fish, eggs and dairy products such as milk, yoghurt and cheese. Plant-based sources of protein include soya, tofu, beans, pulses, nuts and seeds

- Eat a serving of starchy food at each meal e.g. bread, cereals, potatoes, yam, plantain, pasta, chapati or rice.
- Eat some fruit and vegetables every day. Can be fresh, frozen, tinned, dried or juiced.
- Use enriched whole milk and dairy products until your weight is within a healthy range, then consider switching to lower-fat choices.

Save drinks for the end of meals

- Try not to fill up on drinks during or shortly before meals.
- Choose nourishing drinks, e.g. fortified milk on its own or as milky coffee, hot chocolate, milkshake, malted milk drinks or 100% fruit juice.
- Avoid sugary or low-calorie drinks with little nutrition
- Powdered supplements e.g. Complian™ or Meritene™ are available from most supermarkets and pharmacies and may be used in between meals.

Add heart healthy fats to meals and snacks

- Use olive oil, rapeseed oil, olive oil based spreads or ground nut oil and fry foods where possible. Brush oil over your portion before and during roasting and grilling. Use generous amounts on snacks.
- Add avocados to meals and snacks.
- Snack on unsalted nuts and seeds or use nut butters - spread generously on toast or added to sauces.
- Oily fish is an excellent source of omega-3 fatty acids. Examples of oily fish include mackerel, kippers, pilchards, trout, salmon, sardines or herrings. Aim to have a portion of oily fish at least once a week as part of a meal or a snack - can be tinned or frozen.
- Flaxseed oil (linseed oil) is a good vegetarian source of omega-3 and may be drizzled on pasta or used in dressings.

If you feel too tired to shop, cook or prepare meals

- Ask family, friends or your carer to help with cooking, shopping or ordering food for home delivery.
- Use meals on wheels services or home delivery services offering pre-prepared meals!
- Try to have company at mealtimes. Arrange to eat with friends or family or attend a local lunch club.
- Ready meals (frozen or tinned) are a good and easy to prepare option. Consider adding some fresh, frozen, preprepared or tinned vegetables to make a more nutritious meal.
- Convenience foods are a good standby to have in the cupboard, fridge or freezer e.g. tinned beans, fish, soup, puddings, fish in sauce, frozen, tinned or dried fruit.
- It may be a good idea to take a 'one a day' A-Z multivitamin and mineral supplement while you have a poor appetite.

Excite a small appetite

- Try to get some fresh air and gentle exercise before mealtimes. Please be guided by cardiac rehab exercise advice.
- If agreed by your doctor, a small alcoholic drink before meals may improve your appetite.
- Take time to relax and enjoy your meals rather than rushing them.

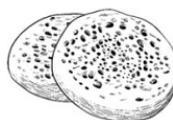
Heart healthy nourishing snacks and food boosters

If you have a small appetite and have lost weight you may find the ideas below helpful to improve your nutritional intake. Make small additions of everyday nutrient dense ingredients to fortify meals, snacks and drinks in a heart healthy way without making portions too big to manage.

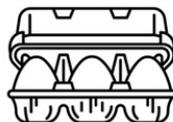
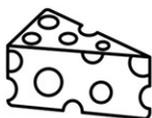
Try to eat two to three nourishing snacks between meals each day and initially aim to fortify one dish per meal.

Take a look at our handy guide on the next page.

| Nuts, seeds and oils | | | |
|---|---------------------------|--|---|
| Food boosters and nourishing snacks | Portion | Approx energy (kcal) and protein (g) content | Ideas to increase protein and calories |
| Unsalted nuts, e.g. almonds, cashews, hazelnuts, peanuts, pistachios, walnuts | 1 small handful (30g) | 196kcal 7g | Have as a snack, add to salads, sprinkle on stir-fry, desserts, yoghurt, porridge. |
| Nut butter, e.g. peanut butter, no added salt or sugar | 1 tablespoon (15g) | 91kcal 4g | Have as a snack with apple slices or banana, on toast, on crumpets, in a sandwich or stir in curry. |
| Ground nuts, e.g. peanuts or almonds | 1 table-spoon (15g) | 90kcal 3g protein | Add into soups, stews, curries, sauces and porridge. |
| Mixed seeds | 1 heaped tablespoon (25g) | 140kcal 7g protein | Add to cereal, porridge, salads and smoothies. |
| Olive, rapeseed, groundnut (peanut) oil | 1 tablespoon | 120kcal 0g | Add while cooking, to salads, soups, sauces and vegetables. |
| Olive oil or rapeseed oils spread | 2 teaspoons (10g) | 105kcal 0g protein | Spread on toast, scones, crumpets, malt loaf, crackers, add to mashed potatoes, vegetables. Use to make homemade cakes and flapjacks. |

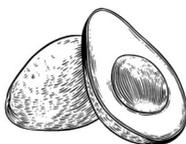


| Milk, milk products and eggs | | | |
|--|---------------------------------|--|--|
| Food boosters and nourishing snacks | Portion | Approx energy (kcal) and protein (g) content | Ideas to increase protein and calories |
| Greek style plain yoghurt full fat/ fat free | 150g pot | 200/81kcal 9/15g | Spread on toast, scones, malt loaf, crackers, add to mashed potatoes, vegetables. Use to make homemade cakes and flapjacks. |
| Dried skimmed milk powder | 1 tablespoon (15g) | 55kcal 6g | Enrich milk by mixing into 150mls (1/4 pint) of full cream milk and have with cereal, in milky drinks, use to make porridge, sauces, custard, rice puddings and soups. |
| Cheddar cheese | Small matchbox size chunk (30g) | 125kcal 8g protein | Have with crackers, grate on pasta, potatoes and vegetables. |
| Egg | 1 | 72kcal 7g protein | Have boiled, scrambled, fried or poached as a snack on toast, add to salad, pasta, custard, milk puddings or mashed potato. |
| Egg white powder | 2teaspoons (10g) | 37kcal 8g | Whisk gently into a small amount of fluid. Add to porridge, sauces, custard, rice pudding and soups. |



| Non-dairy alternatives to milk and milk products | | | |
|--|---------|--|---|
| Food boosters and nourishing snacks | Portion | Approx energy (kcal) and protein (g) content | Ideas to increase protein and calories |
| Soya Greek style yoghurt | 100g | 52kcal 6g | Have with fruit, cereal, porridge or add to sauces. |
| Oat yoghurt | 100g | 84kcal 2g | Have with fruit, cereal, porridge or add to sauces |

| Vegetables, beans and pulses | | | |
|---|----------------------------|--|--|
| Food boosters and nourishing snacks | Portion | Approx energy (kcal) and protein (g) content | Ideas to increase protein and calories |
| Avocado | Half | 158kcal 2g | Have in sandwiches, on toast, with salad, blend in smoothies or dips. |
| Edamame beans | 80g | 150kcal 9.6g | Nice warm or cold. Add a dash of extra virgin olive oil, a dash of lime juice, pepper and a sprinkling of chilli flakes. |
| Hummus | 3 heaped tablespoons (50g) | 113kcal 4g | Have with crackers, vegetable sticks, in a sandwich. |
| Tinned ready to eat baked beans, lentils, kidney beans, mixed beans | ½ tin (200g) | 82kcal 5g | Have on toast as a light meal or add to soups, stews or casseroles or curries. |



| Fish | | | |
|---|----------------------|--|--|
| Food boosters and nourishing snacks | Portion | Approx energy (kcal) and protein (g) content | Ideas to increase protein and calories |
| Tinned mackerel/ sardine fillets in oil | 1 tin drained | 244kcal 18g | Have as a light meal on toast, in a sandwich, with crackers or with salad. |
| Tinned tuna in sunflower oil | 60g or ½ tin drained | 88kcal 14g | Have as a light meal on toast, in a sandwich or with salad. |



Heart healthy nourishing recipes

Here are a few nourishing recipes for you to try at home. If you are vegan replace dairy ingredients with plant-based alternatives.

Pineapple yoghurt drink

Ingredients:

- 150ml whole milk
- 1 tablespoon milk powder
- 100g Greek yoghurt
- 1/3 can or 140g fresh pineapple rings
- 1 tablespoon honey*

Method:

Place all the ingredients in a blender or use a stick blender to liquidise to a smooth drink.

Approximately 428kcal, 15g protein per serving.

Hot chocolate/malted drink

Ingredients:

- 150ml whole milk
- 2 tablespoon milk powder
- 4 teaspoon hot chocolate powder* or malted drink powder*

Method:

Mix the milk powder and hot chocolate powder with a small amount of the milk into a smooth paste. Add the rest of the milk and heat up in the microwave.

Approximately 308kcal, 13.5g protein per serving.

Banana and peanut butter smoothie

Ingredients:

- 1 banana
- 1 tablespoon peanut butter (or almond or cashew butter)
- 200ml whole milk
- 1 tablespoon skimmed milk powder

Method:

Liquidise all the ingredients and serve chilled.

Approximately 300kcal, 14g protein per serving.

*Reduced sugar or sugar free alternatives may be used if you have diabetes. 9

Basic vinaigrette

Ingredients:

- 1 tablespoon vinegar (try balsamic, cider, white or red wine vinegar)
- 3 tablespoons olive oil
- 1 teaspoon Dijon mustard (optional)
- Dried herbs to taste
- Salt and pepper to taste

Method:

Place ingredients together in a lidded container, whisk or shake with the lid on to mix. Drizzle over salad, use as a marinade for meat or fish, use as a dip for fresh bread.

Approximately 370kcal, negligible protein per recipe.

Easy guacamole dip

Ingredients:

- 1 avocado
- 1 tablespoon lime
- 1 clove garlic
- Salt and pepper to taste

Optional additions: chopped tomato, chopped coriander, chilli flakes

Method:

Mash the avocado, add the rest of the ingredients plus any optional extras you would like.

Approximately 316kcal, 4g protein per recipe.

Chocolate orange energy balls (Makes about 18)

Ingredients

- 100g pitted dates
- 100g pecan nuts
- 50g pumpkin seeds
- 50g porridge oats
- 4 tablespoons cocoa powder
- 2 tablespoons almond butter
- Juice and zest 1 orange

Method

Place all ingredients and 3 tbsp orange juice in a food processor. Blitz until chopped and starting to clump together. If it's a bit dry, add more orange juice. Roll the mixture into walnut size balls. Keeps in a sealed container in the fridge for up to two weeks.

Each ball provides approx. 99kcal and 3g protein

Salmon paté

Ingredients:

- 150g smoked salmon
- 6 tablespoon cream cheese (200g)
- 1 tablespoon creamed horseradish sauce (optional)
- 1 teaspoon grated lemon zest or 2 tbsp lemon juice
- Chives or dill
- Ground Black pepper to taste

Method:

Cut the smoked salmon into small pieces. Place all the rest of the ingredients into a bowl and mix until smooth. Add the salmon to the mixture and stir.

Alternatively for a smooth paté blend together. Enjoy with crackers, breadsticks or toast.

Approximately 650kcal, 35g protein per recipe.



If you need more detailed advice or if you are following a special diet that makes it difficult to make these changes, please discuss with your dietitian. If you have been advised to have thickened fluids or a modified diet by a speech and language therapist, please continue.

Useful contacts:

Royal Papworth Hospital dietitians: **01223 639372**

Royal Papworth Hospital cardiac rehabilitation team: **01223 638429**

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