



# Adding nutrition to Traditional African Meals

## Patient information factsheet

This fortified meal advice sheet has been created to make it easier for you, your family or your carer to make your meals more nourishing to help you gain weight. You have been given this advice sheet because you, your family or carer have said that you prefer to eat traditional African meals.

'Fortified foods' are foods with nutrients added to them. This can help boost their nutritional value and benefit your health.

### Main meals

Try to include a carbohydrate source in the meal or as an accompaniment. For example:

- rice (add butter or cooking oils)
- ground provisions such as yam, potato, taro/dasheen, cassava (add butter or cooking oils)
- bread (with a generous spread of butter/margarine/peanut butter)



Try to include a protein source in the meal. For example:

- beans/lentils
- meat
- poultry
- eggs
- fish or shellfish
- nuts



## Sauces

These may be added to meat and vegetable dishes. They can be made more nourishing by adding:

- additional oil such as vegetable, olive, palm or ground nut oil
- peanut/groundnut paste (peanut, cashew or almond butter)
- coconut milk
- single or double cream

## Snacks

You should aim to have 2-3 snacks a day, and more if you are unable to finish a meal. They can be small meals for example, a sandwich or foods such as:

- cakes, biscuits, doughnuts etc
- fresh, tinned or frozen fruit with cream, condensed milk or custard
- mixed nuts
- chinchin, crisps or plantain chips
- milky puddings such as ice-cream, yoghurts or rice pudding



## Drinks

You should aim to have 8-10 drinks a day. These could be:

- tea/coffee/herbal tea
- milky drinks such as hot chocolate, Horlicks®, Ovaltine® and milkshakes
- fresh fruit juice or fruit smoothies
- drinks can be fortified (further nourished) with full fat milk, skimmed milk powder, condensed milk or evaporated milk
- sugar or honey may be added to drinks for extra sweetness and energy. If you have diabetes, continue to choose sugar free drinks, although you can have a small number of sugar-containing foods as part of a fortified meal plan. Speak to your GP, Nurse or Diabetes Team for more information.



## Examples of nourishing drinks

- SuperMalt®: 330ml bottle has 210kcal
- PeanutPunch: 240ml carton has 200kcal and 8g protein
- Nurishment®: 400ml tin has 396kcal and 20g of protein



## Example fortified meal plan

**Breakfast:** Cornmeal or oat porridge made with full fat milk, honey and spices, and a glass of fruit juice.

**Lunch:** Soup with a tablespoon of double cream added, a slice of buttered bread followed by a pot of rice pudding or a full fat creamy yoghurt.

**Dinner:** Fried plantain and buttered vegetables, and a piece of chicken or meat. Followed by two scoops of ice-cream.

**Before bed:** Ovaltine® made with full fat milk and two biscuits.

### Contact Us

If you have any questions or concerns, please don not hesitate to contact our team of dietitians on 020 3224 4720 Monday to Friday, 9am to 5pm

### Patient advice and liaison service (PALS)

If you have a compliment, complaint or concern please contact our PALS team on 020 7288 5551 or [whh-tr.PALS@nhs.net](mailto:whh-tr.PALS@nhs.net)

If you need a large print, audio or translated copy of this leaflet please email [whh-tr.patient-information@nhs.net](mailto:whh-tr.patient-information@nhs.net). We will try our best to meet your needs.

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