

# Managing Weight Loss

## NET Tip Sheet

This information sheet is designed to provide you with ideas on how to increase the energy and protein content of your diet to help you manage your weight.

### General Tips: <sup>(1, 2, 3, 4)</sup>

- Have small regular meals with snacks in between if larger meals cause you problems.
- Choose nutrient rich foods such as milk, cream, cheese, yoghurt, meat, fish and eggs.
- Increase energy of food by adding: oil, butter, avocado, cream, cheese, dairy based sauces, honey and dressings when cooking or before eating.
- Choose nourishing drinks such as milk based drinks, creamy soups, fruit juice, complan or vitaplan.
- Be as active as possible, this can help stimulate your appetite.



Items marked with \* are potential triggers for carcinoid syndrome, see “Carcinoid Syndrome Tip Sheet” for more information.

### Breakfast Ideas

- Porridge with milk, cream, sugar and fruit.
- Toast with margarine and peanut butter\*.
- Toast with scrambled eggs and avocado\*.
- Cereal with milk, yoghurt and fruit.



### Light Meal Ideas

- Creamy soup with toast and butter.
- Baked beans on toast with cheese.
- Chicken, fish or meat with gravy, potato bake with cheese and vegetables.
- Add cheese, cream, butter, oil, gravy or sauce to as many components of the meal. For example, add cheese and butter to mashed potato.
- Sandwich with eggs or chicken, cheese, vegetables and mayonnaise.

### Snack Ideas

- Cheese, hummus or dip with crackers or carrots.
- Muffin, pikelet, scone or toast with butter and jam.
- Nut butter and banana\* or apple.
- Nuts - almonds, peanuts\*, brazil nuts\* or cashews.
- Smoothies with fortified milk, nut butter or

#### Fortified Milk

To increase energy and protein intake is to add milk powder to milk and use as you usually would.



#### Recipe:

4 Tbsp milk powder to 1 L of milk.  
Mix together and store in fridge.

#### Smoothie Recipe

1 medium banana\*  
1/2 cup berries  
1/4 avocado\*  
1 cup fortified milk  
1 tsp honey  
1/2 tsp cinnamon

Blend together in a blender. Best served cold.



*This tip sheet is just a guide, for more personalised information contact a dietitian.*

#### References

1. Whyand T, Davies P, and Caplin, *Food and Neuroendocrine Tumours*, The NET Unit, Royal Free London Foundation Trust 2014
2. American Institute for Cancer Research (AICR), *Heal Well. A Cancer Nutrition Guide*, LIVESTRONG Foundation, 2013
3. Leyden, *Neuroendocrine Tumours: A guide for patients and carers*, Unicorn Foundation Australia 2015
4. Schnaid C, Kennedy E, *Nutrition and Neuroendocrine Tumours*, Unicorn Foundation Australia, 2017