

## PREPARATION OF PRODUCTS

### ENERGY DRINK

- Use boiled water that has cooled down.
- Add ..... spoons of energy-drink powder ( ..... ) to ..... ml water.
- Take ..... cups ..... a day.

### PORRIDGE

- Use boiled water that has cooled down.
- Add ..... spoons of porridge ( ..... ) to ..... ml water.
- Eat ..... cups of porridge a day.

### THERAPEUTIC PASTE

- Have ..... heaped teaspoons or..... sachets of RUTF per day.

### What can I do when I am nauseous and I vomit?

- Eat small, frequent meals.
- Avoid spicy and greasy food.
- Eat crackers or dry cereal before getting out of bed.
- Drink liquids slowly through a straw between meals.
- Add lemon to cold drinks.
- Try eating food cold.
- Eat in a well-ventilated room.
- Wait at least 20 minutes after eating before lying down.

## RECIPE FOR RUNNY TUMMY (DIARRHOEA)

### What can I do when I have frequent, watery stools? (Diarrhoea)

If the diarrhoea lasts for longer than 48 hours, contact the clinic nurse or doctor. Drink the following mixture if you have diarrhoea.

#### Recipe:

- 1 litre boiled water that has cooled down
- ½ level teaspoon salt (taste the water - it should not be saltier than tears)
- 8 level teaspoons of sugar.

#### Instructions for use:

- Prepare one litre at a time.
- Drink sips of this mixture as often as possible.

#### Some foods to avoid when you have diarrhoea:

- milk and milk products – use less (the energy drink can still be used)
- food that contains a lot of fat, oil or butter
- nuts, seeds and whole wheat
- coffee, cola drinks, chocolates
- gas-producing food such as cabbage, dried beans, peas, cauliflower and broccoli
- spicy foods and large amounts of sweets.



Western Cape  
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Health

BETTER TOGETHER.

## Nutrition Therapeutic Programme



### What is the nutrition therapeutic programme?

This is a temporary treatment for adults who have lost a lot of weight and have difficulty in gaining weight.

The products on the Nutrition Therapeutic Programme work in the same way as medicine because special vitamins, minerals and proteins have been added. This helps adults to gain weight.

The supplements must be taken in addition to your meals (breakfast, lunch and supper) and must not replace meals.

Only the person that receives the products may use the products. It must not be shared with the rest of the family.

You will only receive the product for 6 months. Make the most of the opportunity to gain weight.

## GENERAL HINTS

- Eat small, frequent meals.
- Have healthy snacks between meals. Use nutrition-supplementation products as a snack.
- Add oil and fats such as margarine, butter and mayonnaise to food for extra energy. If you have diarrhoea or feel uncomfortable after eating extra fats, try to eat less fat.
- Sauces and gravies can give extra energy and helps to make food easier to swallow.
- Sugar or honey adds extra energy to your food.
- Full-cream milk, milk powder, maas, and yoghurt can be added to food to give more energy and protein.
- Eat at least one portion of fruit and vegetables a day.
- Try to eat even when sick or if you have no appetite.
- Make time to sit down and enjoy meals.



### What can I do when I don't feel like eating?

- Share meals with family and friends.
- Enjoy your meals in a pleasant setting (with music, under a tree or in a park) to make the meal more enjoyable.
- Do not stick to fixed meal times – eat whenever you feel like eating.
- Light exercise such as walking increases the appetite.
- Eat the food you like most or what you feel like eating.

## MEAL PLAN FOR ADULTS

### 8 o'clock

Maize porridge with 1 cup of milk, mixed with 2 teaspoons of oil/margarine and 1 tablespoon of peanut butter/therapeutic paste (RUTF) or milk powder.

### 10 o'clock

1 fruit, or fruit juice if you have difficulty swallowing.

1 cup of energy drink and/or 1 cup of enriched porridge.

### 1 o'clock

1 to 2 cups of maize porridge with 2 teaspoons of oil/margarine OR: Bread with margarine and jam and/or peanut butter/therapeutic paste.

1 cup of bright-colour vegetables (carrot, pumpkin, broccoli, or spinach) mixed with 2 teaspoons oil/margarine/ therapeutic paste.  
1 small portion of meat/chicken/fish/ lentils/beans.



### 3 o'clock

1 fruit, or fruit juice if you have difficulty swallowing.

1 cup of energy drink and/or 1 cup of enriched porridge.

### Supper

Cooked meal with meat/beans, potato/porridge, and vegetables.

### 9 o'clock

1 cup of energy drink and/or 1 cup of enriched porridge.

## REMEMBER!

- Visit your clinic regularly so that you can be weighed to see if your health is improving.
- If you do not co-operate and do not show any progress you may NEVER again be allowed on the Nutrition Therapeutic Programme.
- Your health is in your own hands. Help us to help you.

Contact:

Western Cape Government:

Nutrition

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