

A Food First Approach:

Making the most of what you eat.

Berkshire Healthcare NHS Foundation Trust
Berkshire West Clinical Commissioning Group
East Berkshire Clinical Commissioning Group
Royal Berkshire NHS Foundation Trust

Regular Diet - Easy to Chew options

Easy to Chew options are **NOT** intended for people where there is an identified increased risk of choking or who are unsafe to eat without supervision. Examples of unsafe mealtime behaviours include: not chewing very much, putting too much food into the mouth, eating too fast or swallowing large mouthfuls of food. Always consult with your Health Care Professional if you suspect swallowing difficulties or contact your Speech and Language Therapist if you have been diagnosed with DYSPHAGIA - **as this leaflet will not be appropriate for you.**

Eat Little and Often

Try to have 3 meals each day plus 3 snacks and nourishing drinks between meals. If you cannot eat a full meal, eat a small amount every 2-3 hours.

Eat what you fancy and if your appetite is better at certain times of the day, aim to eat more at these times. Cold foods can sometimes be more appetizing than hot foods. Ready meals & puddings can be easier to prepare and can be just as nutritious

Choose foods and drinks that are 'nourishing' i.e. high in calories and protein such as 'whole' milk and other full fat dairy products. See below of ideas on how to enrich your meals and drinks

Nourishing Drinks Recipes

Aim to drink 6 to 8 cups of fluid each day. Whilst fluids such as water and squash are hydrating, they are not high in calories and may make you full. Include at least two nourishing drinks each day.

Nourishing drinks (usually made with milk) give you extra calories and protein too.

Make drinks with a full cup of whole or fortified milk e.g. hot chocolate, malted drink (Ovaltine™, Horlicks™), coffee or tea.

Add extra cream, chocolate flakes or marshmallows for even more calories!

Try shop-bought milkshakes or smoothies, usually located in the refrigerator aisle.

Homemade milkshake recipe

250ml full fat (whole) milk

3 level tablespoons (18g) milk powder

4 teaspoons (16g) milkshake powder (e.g. Nesquik™ or supermarket-own brand)

Method: Mix all ingredients together, blend until smooth. Serve chilled.



Fortified Milk Recipe – use instead of regular milk in your drinks, cereals and in cooking

1 pint of whole milk (blue top)

4 level tablespoons (24g) of milk powder e.g. Marvel® (skimmed) or Nido® (whole milk powder) or supermarket own brand

Method: Mix the milk powder with a small amount of milk. Whisk in the rest of the milk, use!

Think, Food First!

Enrich your Food and Drink

Adding small amounts of high calorie foods to your normal food and drink will help boost the nutritional content without increasing the portion size. This is known as **food fortification**.

Food fortification ideas:

- **Add double or single cream** to porridge, sauces, soups, potato (boiled, mashed or jacket), puddings, fruit (fresh, tinned or stewed), hot milky drinks, smoothies and milkshakes
- **Add butter, ghee and/or cheese** to potato (boiled, mashed or jacket), pasta, crumpets, sandwiches, toast, soups, sauces and vegetables
- **Add oil** to pasta and salad dressings, use it for frying foods
- **Add full fat mayonnaise** to potato (boiled, mashed or jacket) or sandwiches
- **Add honey, sugar or molasses** to porridge, well-soaked cereals, drinks, desserts, custard or yoghurts

Other foods you can add include: milk powder, salad cream, ghee, coconut cream, stewed fruit, creamy sauces, chocolate spread, ice cream, jam, tofu, golden syrup, evaporated or condensed milk, peanut/almond or other nut butters

Savoury Snack Ideas

- Soft cheese with soft breads (no crust)
- Peanut butter or other nut butters (*if not allergic*)
- Savoury scone with butter, jam, or lemon curd etc.
- Cubes of cheese or cheese triangles
- Bread (no crust) with meat or fish paste or pate
- Poached, boiled, scrambled egg
- Omelette or quiche
- Baked beans on well-buttered crust-less toast
- Houmous or dips with soft bread
- Wraps with coronation chicken or egg/tuna mayonnaise
- Thick and creamy soup
- Croissant with soft fillings such as cream cheese, salmon mousse
- Dahl

Sweet Snack Ideas

- Full fat, thick and creamy yoghurt or fromage frais
- Jelly and ice cream or trifle
- Sweet scone or toasted teacake with butter, jam and cream
- Biscuits softened in tea
- Soft cakes, doughnuts, malt loaf, iced bun
- Pastries e.g. croissants, pan au chocolate
- Milk puddings e.g. rice pudding, custard, crème caramel, blancmange
- Instant dessert e.g. Angel Delight™ or supermarket own brand
- Fruit pie, crumble or tinned fruit in syrup with cream or custard, or stewed fruit
- Soft crisps such as wotsis
- Chocolates: milky ways, buttons etc.
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Try to have 3 meals, 3 snacks, nourishing drinks between meals and enrich your food.

Leaflet given out by _____

Contact number: _____

Leaflet suitable for those following a Regular Textured Diet, IDDSI Level 7, Sub-category: Easy-to-Chew.