

A Food First Approach:

Making the most of what you eat-gluten free

*Are you struggling with a poor appetite? Have you lost weight recently?
If you have answered yes to either of these, then this leaflet could help you.*

If you have been seen by the speech and language therapist and diagnosed with DYSPHAGIA (problems with swallowing) please do not use this leaflet.

Always check the ingredients list to ensure products are gluten free. Products with the cross-grain symbol on packaging are gluten free and safe for people with coeliac disease.



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 eg have 5 - 6 small meals per day.

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.

Use convenience foods. Ready meals & puddings can be easier to prepare and are just as nutritious.

If you find softer options easier add extra sauces or gluten free gravy to your meals.

Choose foods and drinks that are 'nourishing' i.e. high in calories and protein such as 'whole' milk and other full fat dairy products. Avoid foods labelled 'diet', 'reduced/low fat', 'healthy eating' or 'sugar free'.

Drinking during meals may make you feel full so try and wait until after you have finished eating to have a drink.

Nutritious Drink Recipes

Take Nutritious Drinks between Meals

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, 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.

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). Shop own-brand options are also available.
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 gluten free porridge, sauces, soups, potato (boiled, mashed or jacket), puddings, fruit (fresh, tinned or stewed), hot milky drinks, smoothies and milkshakes
- **Add butter / olive oil spread and/or cheese** to potato (boiled, mashed, chips, fries, or jacket), pasta, crackers, crumpets, sandwiches, wraps, toast, soups, sauces and vegetables
- **Add olive, vegetable or sunflower oil** to pasta and salad dressings, use it for frying foods
- **Add full fat mayonnaise** to potato (boiled, mashed, chips or jacket) tuna, egg, chicken or add to sandwiches
- **Add honey, sugar, jam, golden syrup, maple syrup, gur, jaggery or molasses** to porridge, cereals, drinks, desserts, custard or Greek yoghurts

Other foods you can add include: milk powder, salad cream, avocado, full fat Greek yoghurt, ghee, coconut cream, dried fruit, stewed fruit, creamy sauces, chocolate spread, ice cream, jam,

Savoury Snack Ideas

- Cheese and gluten free biscuits or cheese straws
- Nuts, peanut butter or other nut butters (*if not allergic*)
- Crisps, nachos, Bombay mix
- Gluten free savoury scone with butter
- Mini onion bhaji or poppadum
- Cubes of cheese or cheese triangles
- Gluten free crackers or bread with meat or fish paste or pate
- Poached, boiled, scrambled egg
- Omelette or gluten free quiche
- Baked beans on gluten free toast
- Avocado, houmous or dips with gluten free bread, toast, pitta bread or chapatti and dahl
- Gluten free wraps with coronation chicken or egg/tuna mayonnaise
- Thick and creamy soup with gluten free bread and butter

Sweet Snack Ideas

- Full fat, thick and creamy yoghurt or fromage frais
- Jelly and ice cream
- Gluten free sweet scone or toasted teacake with butter, jam and cream
- Gluten free biscuits
- Gluten free fruit and nut bar
- Gluten free cake, doughnuts, malt loaf, iced bun
- Gluten free pastries e.g. croissants, pan au chocolate
- Milk puddings e.g. rice pudding, custard, crème caramel, crème brûlée
- Instant dessert e.g. Angel Delight™ or supermarket own brand
- Gluten free fruit pie, crumble or tinned fruit in syrup with cream or custard
- Dried fruit - plain or coated
- Sweets and Chocolates
- Seekhund, Pak or Sero with extra milk

Try to have 3 meals, 3 snacks, nutritious drinks between meals and enrich your food.

Leaflet given out by _____

Contact number: _____

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