

# A Food First Approach:

## Making the most of what you eat

*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.**

### 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 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 Nourishing 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, 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.

#### 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 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, golden syrup, evaporated or condensed milk, peanut/almond or other nut butters

### Savoury Snack Ideas

- Cheese and biscuits or cheese straws
- Nuts, peanut butter or other nut butters *(if not allergic)*
- Crisps, nachos, Bombay mix
- Savoury scone with butter
- Mini onion bhaji or poppadum
- Cubes or slices of cheese or cheese triangles
- Crackers or bread with meat or fish paste or pate
- Poached, boiled, scrambled egg
- Omelette, quiche or frittata
- Baked beans and / or cheese on toast
- Houmous or dips with bread, toast, pitta bread or chapatti and dahl
- Wraps with coronation chicken or egg/tuna mayonnaise
- Thick and creamy soup with added croutons or bread and butter
- Croissant with ham and cheese

### Sweet Snack Ideas

- Full fat, thick and creamy yoghurt or fromage frais
- Jelly and ice cream, chocolate mousse or trifle
- Sweet scone or toasted teacake with butter, jam and cream
- Muesli cereal bars
- Cake, doughnuts, malt loaf, iced bun
- 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
- Fruit pie, crumble or tinned fruit in syrup with cream or custard
- Dried fruit - plain or coated
- Biscuits, sweets and chocolates
- Seekhund, Pak or Sero with extra milk
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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: \_\_\_\_\_