

A Food First Approach: Making the most of what you eat for South Asian diets

Berkshire Healthcare NHS Foundation Trust
Royal Berkshire NHS Foundation Trust

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.
- **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 appetising than hot foods.
- **Use convenience foods.** Ready meals and puddings can be easier to prepare and can be just as nutritious.
- **If you find softer options easier,** add extra sauces or gravy to your meals.
- **Choose foods and drinks that are 'nourishing' – ones that are 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 to wait until after you have finished eating before having a drink.

Nourishing drinks recipes

Take nourishing drinks between meals

Aim to drink 6 to 8 cups of fluid each day. While 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. milky coffee, hot chocolate, Bournvita, malted drink (Ovaltine™, Horlicks™), coffee, tea, chai, lassi, falooda. Try shop-bought milkshakes or smoothies, usually located in the refrigerator aisle.

• Milky Chai

200ml full fat (whole) milk

2 tablespoons milk powder

Add flavouring: ginger, tea, mint, vanilla syrup, masala, spices, cardamon to taste.

1 tablespoon condensed milk or evaporated milk

Method: Mix all ingredients together, bring to the boil, strain and serve.

- **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 – try adding the following:

- **Double cream or condensed milk** to porridge, creamy curries, sweet puddings, fruit (fresh, tinned or stewed), hot milky drinks, milkshakes, chai, malted drinks, lassi
- **Evaporated milk** to jelly, kheer, sooji, halwa cereal, porridge, soup
- **Paneer or tofu** to potato or vegetable dishes, e.g. aloo matter, saag, biryani
- **Oil and Ghee** to vegetable dishes, dahl, kitchidi, curries, chapattis, naan bread
- **Honey, sugar, gur, sakar or molasses** to porridge, cereals, drinks, desserts, custard or yoghurts
- **Ground almonds** to porridge, cereal, yoghurt, milkshakes, kheer, halwa

Other foods you can add include: milk powder, salad cream, avocado, full fat Greek yoghurt, coconut cream, dried fruit, stewed fruit, creamy sauces, achar, anthaanu, chocolate spread, ice cream, jam, golden syrup, evaporated or condensed milk, peanut/almond or other nut butters.

Savoury snack ideas

- Nuts, peanut butter or other nut butters (*if not allergic*)
- Crushed nuts or ground almonds
- Crisps, Bombay mix, chevdo
- Pakora, bhaji, samosa, gathiya
- Dokla
- Paneer
- Spring rolls
- Poached, boiled, scrambled egg
- Meat kebabs
- Matti
- Houmous or dips with bread, toast, pitta bread, thepla
- Chapatti or naan and dahl
- Roasted or ground chick peas
- Tinned pulses
- Curried egg and mango pickle
- Handvo

Sweet snack ideas

- Full fat, thick and creamy yoghurt
- Cake rusk, mishri, shakar paray
- Custard, trifle, mousse,
- Mithai
- Kulfi
- Sheera, soji
- Gulab jamun, jalebi
- Jelly made with milk
- Cake, doughnuts, malt loaf, iced bun
- Pastries e.g. croissants, pan au chocolate
- Rice pudding, kheer or raas malai with cream, condensed milk and crushed nuts
- 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
- Sweets and chocolates
- Shrikhand, pak or sero with extra milk
- Lassi

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

Leaflet given out by _____

Contact number: _____