

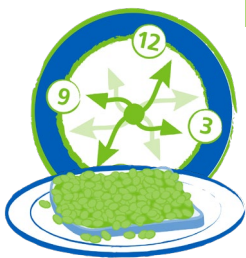
Making the most of what you eat

A 'food first' approach

Are you struggling with a poor appetite? Have you lost weight recently?

If you have answered yes to either of these, then this information sheet 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 three meals each day, plus three snacks and nourishing drinks between meals, but if you can't eat a full meal, eat a small amount every 2-3 hours
- Eat what you fancy – cold foods can sometimes be more appetizing than hot foods
- If your appetite is better at certain times of the day, aim to eat more at these times
- Use convenience foods – ready meals and 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, and 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've finished eating to have a drink



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.
- Try our homemade milkshake recipe – mix 250ml full fat (whole) milk, 3 level tablespoons (18g) milk powder and 4 teaspoons (16g) milkshake powder (e.g. Nesquik™ or supermarket brand), blend until smooth and serve chilled.



Fortify milk

Instead of using regular milk in your drinks, cereals and cooking, mix:

- 1 pint of whole milk (blue top)
- 4 level tablespoons (24g) of milk powder, e.g. Marvel® (skimmed), Nido® (whole milk powder) or supermarket own-brand options

Method: Mix the milk powder with a small amount of milk, then whisk in the rest of the milk.

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.

Here are some 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 and/or cheese to potato (boiled, mashed or jacket), pasta, crackers, 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, gur, jaggery or molasses to porridge, cereals, drinks, desserts, custard or 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/condensed milk
- Peanut/ almond/ other nut butters

Snack ideas

Savoury

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

Sweet

- Full fat, thick and creamy yoghurt, fromage frais or lassi
- Jelly and ice cream or trifle
- Sweet scone or toasted teacake with butter, jam and cream
- Sweets, biscuits and chocolates
- Cake, doughnuts, malt loaf, iced bun
- Pastries, e.g. pain au chocolat
- Muesli style bars
- Milk puddings, e.g. rice pudding, custard, crème brûlée
- Instant dessert, e.g. Angel Delight™
- Fruit pie, crumble or tinned fruit in syrup with cream or custard
- Dried fruit - plain or coated
- Seekhund, Pak or Sero with extra milk

