

FOOD FIRST – MAKING EVERY MOUTHFUL COUNT

You may have a reduced appetite, lost weight or are having problems eating. Choosing everyday foods and drinks which are high in calories and protein is the best way to meet your nutritional needs.

General Tips

- Eat 'little and often' – this means trying to have something nourishing to eat and/or drink every 2-3 hours.
- Avoid diet, low fat or low sugar products (e.g. skimmed/ semi-skimmed milk, low fat yogurt, sugar free drinks etc).
- Choose foods which you find easy to eat (e.g. soft, easy chew foods which do not involve too much effort to eat).
- Increase your intake of nourishing fluids (e.g. milky drinks, fruit juice or smoothies).

Mealtime Tips

- Try not to have drinks just before a meal. This may make you feel too full to eat.
- Serve meals on a small plate and start with a small portion.
- Choose meals you enjoy and that are easy to prepare (e.g. tinned foods such as beans or fish can be useful and are easily stored).
- Ready-made meals (frozen, chilled or packets) are good for days when you are tired or find cooking difficult.
- Home delivery services can be useful (e.g. Meals on Wheels, Wiltshire Farm Foods, and supermarket online shopping).

Social Tips

- Eating in company often helps to improve your appetite – try sharing mealtimes with a friend, family member or neighbour when government social distancing measures allow.
- Try not to eat lying in bed - eating up right at a dining table may help you manage more of your meal.
- Try to get out into some fresh air.
- If you smoke, try not to smoke in the half an hour before your meal.
- Keep your mouth and teeth clean – this can help you to enjoy your foods.

FOOD FORTIFICATION

What is Food Fortification?

You can boost the nutritional content of foods through the use of 'Food Fortification'.

Adding household ingredients to normal food to increase its nutritional content without increasing the amount of food which needs to be eaten.

Food Fortification can be achieved in the following ways –

- Add full cream milk/ semi skimmed milk powder to drinks, meals and snacks e.g. sauces, mashed potatoes, creamy soups, porridge, and milky puddings.
- Add grated or soft cheese, cream, butter, mayonnaise or oil* to savoury meal and snack options e.g. sauces, pasta, soups, potatoes, and scrambled egg.
- Add sugar, jam or honey* to sweet foods and drinks where possible e.g. porridge, puddings, milkshakes, or hot drinks.
- Adding ground or chopped nuts or seeds e.g. ground almonds, to porridge, smoothies, sauces or a stir fry.

**If there are any health concerns which have previously required you to limit fat or sugar in your diet (e.g. Diabetes or high cholesterol) you should discuss this with your GP or Health Care Professional.*

Fortified Milk

Fortified Full Cream Milk – Drinking full cream milk which has been fortified with semi-skimmed milk powder is a popular method of boosting calorie and protein intake.

Recipe - Add 2-4 tablespoons of dried milk powder to a pint of milk, stir until dissolved. Marvel, Nido® or supermarket-own brands are available.

Fortified full cream milk can be used in place of regular milk in cereal/ porridge, sauces, mashed potatoes etc, or in place of water when making up coffee, hot chocolate, and other milky drinks.

Try to drink 1 pint of fortified full cream milk per day to provide approximately 600 calories.



100 CALORIE BOOSTER LIST

The following examples are approximately 100 calories each. These boosters can be added to any appropriate meal to fortify it or be eaten as a snack to promote weight gain.

Sweet

- 1 heaped tablespoon of sugar
- 1 small pot of full fat yoghurt
- 1½ tablespoons of double cream
- 2 tablespoons of chocolate sauce
- 2 tablespoons of golden syrup
- 2 tablespoons of lemon curd
- 2 tablespoons of condensed milk
- 2 tablespoons of honey
- 2 scoops of ice cream

Savoury

- A small handful of grated cheese
- 1 tablespoon of mayonnaise
- 1 tablespoon of peanut butter
- 1 tablespoon of oil
- 2 dice size cubes of butter
- 2 tablespoons of pesto
- 2 tablespoons of salad cream
- 2 tablespoons of hummus
- 2 heaped tablespoons of dried milk powder

Snacks and Drinks

- A small handful of nuts
- A small handful of dried fruit
- 1 banana
- 1 shortbread finger
- 1 bag of crisps
- 1 slice of malt loaf
- 2 Jaffa Cakes
- 3 cream crackers
- 3 cubes of milk chocolate
- 5 jelly babies
- 150ml of full fat milk
- 200ml of orange juice
- 250ml of regular cola



SNACK LIST

200 Calorie Snacks

Sweet

- Pot of jelly and 2 tablespoons of whipped cream
- 100g bowl of ice cream
- Buttered crumpet
- Medium sized chocolate bar
- Milky Latte
- Medium chocolate bar



Savoury

- Handful of mixed nut/ Bombay mix
- 1 buttered crumpet
- 2 tablespoons of Hummus and 4 crackers
- Handful of Tortilla chips and 2 tablespoons of salsa and/ or sour cream
- Soft boiled egg with 4 buttered soldiers
- 4 mini sausage rolls



300 Calorie Snacks

Sweet

- Flapjack
- Generous handful of chocolate covered nuts
- Large bakery muffin
- Medium/ large slice of cake
- 1 apple with 2 tablespoons peanut butter
- 1 filled doughnut
- 4 mini muffins



Savoury

- Thick and creamy yoghurt with a handful of granola
- Plain bagel with 2 tablespoons cream cheese
- 1 slice of toast with 2 tablespoons of peanut butter
- 1 slice of toast with ½ avocado

400 Calorie Snacks

Sweet

- 1 chocolate bar with a handful of nuts
- 100g of ice cream with 40ml of double cream drizzled over it
- 2 slices of toast with peanut butter and banana and drizzle of honey
- Ice cream sundae



Savoury

- 1 flour tortilla, 2 slices of ham, 2 slices of cheese, 1 tbsp of full fat mayonnaise
- Portion of quiche with coleslaw
- Sandwich with meat and cheese
- Packet of instant noodles

*approximate calorie values, some brands may vary

