

Food First Advice

Eating little and often when you have a poor appetite, or have lost weight, can improve your intake of energy, protein, vitamins and minerals.

The 'Food First' approach may help to increase your intake and prevent further weight loss. This involves 3 key elements:

Aim to have **1 pint of fortified whole milk** per day

Include **2 nourishing snacks or drinks** a day

Have **3 fortified meals** every day

1. Fortified Milk

Ensure all the milk you have is **whole milk**.

Fortify it by mixing 4 tablespoons of skimmed milk powder into 1 pint (568 mls) of whole milk. Mix the powder with a small amount of milk first to make a paste, then add the remaining milk, stirring continuously.

Once made up, keep it in the fridge to use throughout the day, for example in drinks, on cereal or when cooking.

A 200ml glass of fortified milk makes an excellent nourishing drink!

2. Nourishing drinks and snacks

Try to have at least **2 nourishing drinks or snacks** per day, between meals or in the evening.

Adopting a '**little and often**' eating pattern by having small, nourishing meals, snacks and drinks every two to three hours can really help to increase your intake.

Why not try some of these snack ideas?

Sweet snack ideas*	Savoury snack ideas
<ul style="list-style-type: none"> • Thick & creamy yogurt • Scone with clotted cream & jam • Tinned fruit with ice-cream or cream • Teacake or hot cross bun • Buttered fruit loaf or malt loaf • Chocolate or fruit mousse • Chocolate biscuits • Crème caramel • Custard / jam tart • Milk pudding • Muesli bar or flapjack • Jelly and ice cream 	<ul style="list-style-type: none"> • Cheese and crackers • Crackers and dip • Crumpets with butter • Crisps • Nuts • Savoury scone with butter • Sandwiches • Toast with peanut butter or other nut butter • Mini scotch eggs • Houmous and bread sticks • French toast / eggy bread • Savoury pastry/ pasty

Homemade nourishing drink ideas:

Milkshake*	Juice*	Soup
<p>Ingredients:</p> <ul style="list-style-type: none"> • 200mls whole milk • 1 scoop of ice cream • 2 tbsp skimmed milk powder • 3 tsp <u>vitamin fortified</u> milkshake powder, such as Nesquik or Tesco Milkshake Mix <p>Method:</p> <ol style="list-style-type: none"> 1. Add all the ingredients together and whisk. 2. Serve chilled or warm. <p style="text-align: right;">Calories: 399 Protein: 19.9g</p>	<p>Ingredients:</p> <ul style="list-style-type: none"> • 100mls fresh fruit juice • 100mls lemonade • 1 scoop ice cream • 1 tbsp sugar <p>Method:</p> <ol style="list-style-type: none"> 1. Mix all the ingredients together. 2. Serve chilled. <p style="text-align: right;">Calories: 192 Protein: 2.3g</p>	<p>Ingredients:</p> <ul style="list-style-type: none"> • 1 instant soup sachet • 200ml full fat milk • 2 tbsp skimmed milk powder <p>Method:</p> <ol style="list-style-type: none"> 1. Warm the milk. 2. Gradually add the soup sachet and milk powder, stirring well. <p style="text-align: right;">Calories: 351 Protein: 19g</p>

Readymade milkshakes,* drinks and smoothies, such as Frijj[®], Mars[®] or Yazoo[®], are available in most supermarkets and convenience stores. You could include these in your diet as a nourishing drink too!

Or how about a hot chocolate, milky coffee or malted drink, such as Ovaltine[®] or Horlicks[®], made with fortified milk?

3. Fortify your meals

If you are only able to eat small portions of meals, these can be made more nourishing by adding high energy foods to them. This will mean you are getting more energy from your food without struggling to eat a larger meal.

Make every mouthful count!

How to fortify your food:

- **Add cream** to cereals, porridge, sauces, soups, mashed potato and puddings.
- **Add evaporated milk** to sauces, custard, jellies, tinned fruit, puddings and coffee.
- **Add cheese** to mashed potato, soups, sauces, baked beans, scrambled egg and vegetables. Cream cheese and cheese spreads are good for crackers and on toast.
- **Add butter or margarine** to potatoes, vegetables, soups, pasta. Use thickly on bread.
- **Use sugar or honey*** in drinks, on cereals and in pudding.
- **Add jam or golden syrup*** to puddings, yoghurts, porridge.
- **Add salad dressings or mayonnaise** to salads.
- **Non-dairy options** could include nut butters, plant-based milks or yoghurts, coconut cream or Oatly™ cream alternative and dairy-free cheese.

*If you have diabetes, continue to choose sugar free drinks, you can have a moderate amount of sugar containing foods. You may also need to monitor your blood sugar levels more closely than normal. Contact your GP or nurse if you have any concerns.

If you are concerned that you are continuing to lose weight or struggling with your appetite, ask your GP or community nurse to refer you to a Dietitian.