



‘Food First’

Recipient's name:

Date:

Provided by:

Contact number:

Daily 'Food First' Prescription

Refer to your personalised dietary treatment plan for specific details

- ♦ **Fortify foods & drinks** (see pages 5-6)
- ♦ **2 x nourishing snacks** (see pages 7-8)
- ♦ **2 x nourishing drinks** (see pages 9-10)

Use this booklet to help you choose nourishing foods & drinks, and items to fortify your meals. It may be helpful to note below, things you would like to try/have tried, and to tick/circle those you like.

Items used for fortification:

100 calorie boosters:

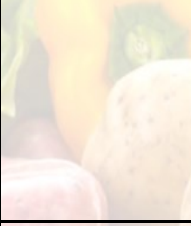
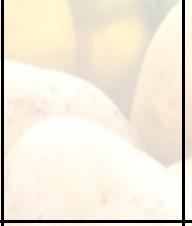
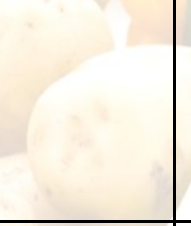
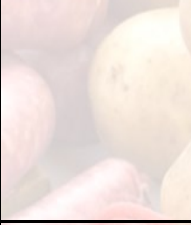
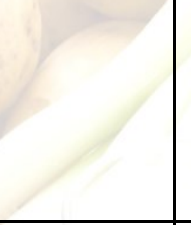
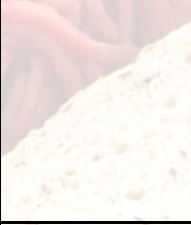
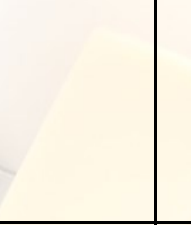
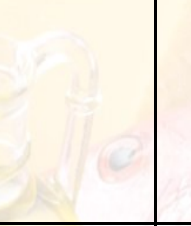
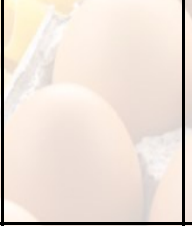
Nourishing snacks:

Nourishing drinks:

Nourishing desserts:

Nourishing soups:

Weekly 'Food First' Record

	Breakfast describe fortification method	Mid-Morning describe nourishing snacks & drinks	Lunch describe fortification method	Mid-Afternoon describe nourishing snacks & drinks	Evening Meal describe fortification method	Bedtime describe nourishing snacks & drinks
Monday						
Tuesday						
Wednesday						
Thursday						
Friday						
Saturday						
Sunday						

Background



People with a poor appetite can be at risk of weight loss and malnutrition. Malnutrition can be helped, by adding extra calories and protein to your current diet. This can be done by fortifying your normal foods, and having nourishing drinks and snacks between meals. These simple dietary adjustments can significantly increase your calorie and protein intake throughout the day. Over time, this can help prevent weight loss, and assist you in reaching a healthy weight.

This booklet provides practical examples of how to eat well, when you have a small appetite. Healthy eating guidelines for the general population do not apply to you, at this time. Please note, this diet is a short term intervention until a healthy weight is achieved - eating a healthy balanced diet after this is recommended.

Trying some of the simple suggestions in this booklet could help you **increase your calorie intake by at least 500 calories per day**, which is recommended to help promote weight gain.

General Tips to Help your Intake

- ♦ **Eat little and often:** try having frequent small meals and snacks, rather than three larger meals daily.
- ♦ **Include protein foods with each meal:** e.g. meat, fish, milk, cheese, eggs, beans, nuts.
- ♦ **Select favourite foods:** this can tempt your appetite. Also try to make the food look attractive on the plate.
- ♦ **Take drinks after/between meals:** avoiding drinks with your meals, will stop them from filling you up (this may not be possible if you have swallowing difficulties).



- ♦ **Choose easy to prepare meals:** supermarket ready meals, plus frozen vegetables, can provide a nutritious meal.
- ♦ **Get hot or frozen meals delivered:** e.g. Wiltshire Farm Foods, Meals on Wheels, or Punjab Kitchen (social services can provide you with more information about these).

Fortify your Food

Milk (per pint, preferably full cream)

add: 4 tablespoons (60g) skimmed milk powder to a jug. Mix with a very small amount of milk to make a smooth paste, then add remaining milk.



Use your **fortified milk** in place of ordinary milk or water: e.g. in tea, coffee and other milky drinks, packet soups, sauces, mashed potato, milk puddings, custard, porridge, cereals, or as a drink on its own.

Potatoes

add:

grated cheese
double cream
fortified milk
salad cream
butter



Sauces

add:

double cream
fortified milk
evaporated milk
grated cheese
coconut cream



Soups

add:

double cream
grated cheese
milk powder
dumplings
baked beans



Vegetables

add:

grated cheese
double cream
butter
olive oil



Puddings and fruit

add:

double cream
custard
coconut cream
ice cream
syrup/jam/honey



Breakfast cereals

add:

fortified milk
evaporated milk
syrup/honey
yoghurt
dried fruit/nuts



100 Calorie Food Boosters

Add 100 calories with each of the following food booster portions

Product	Tablespoons (1 tablespoon = 15ml)	Weight (in grams)
Savoury		
Houmous	2	30g
Peanut Butter	1	15g
Pesto	2	30g
Sweet		
Lemon Curd, Jam, Honey, Syrup	2	40g
Chocolate Nut Spread	1	20g
Sugar	2	25g
Fruit, nuts & seeds		
Sultanas	2	35g
Chopped nuts	2	20g
Seeds	2	20g
Granola or Muesli	2	20g
Dairy & non-dairy alternatives		
Cheese, grated cheddar	3	25g
Cheese, soft	2	40g
Coconut milk	3	45g
Condensed milk	1.5	30g
Coffee whitener	2	20g
Dried skimmed milk powder	2	30g
Coconut milk powder	1	15g
Evaporated milk	4	70g
Yoghurt (full fat / greek style)	2	100g
Fats & oils		
Butter	1	15g
Cream - double / whipping	1.5	45g
Creamed coconut	1	15g
Mayonnaise	1	15g
Oil (sunflower, olive, vegetable)	1	10g

Nourishing Snack Ideas: Savoury

Pastry

- ♦ **1 mini pork pie**
(200kcal, 5g protein)
- ♦ **2 mini cornish pasties**
(210kcal, 4g protein)
- ♦ **1 small sausage roll**
(240kcal, 5g protein)

Fish

- ♦ **1/2 tin mackerel in curry sauce + small baked potato**
(380kcal, 12g protein)
- ♦ **1/2 tin sardines in tomato sauce on 1 buttered bread**
(260kcal, 12g protein)

Egg

- ♦ **1 scotch egg**
(270kcal, 11g protein)
- ♦ **Fortified scrambled egg (1 medium egg, + 10g butter + 15ml double cream)**
(295kcal, 16g protein)

Meat

- ♦ **5 chicken nuggets (100g)**
(255kcal, 14g protein)
- ♦ **2 salami sticks**
(270kcal, 11g protein)
- ♦ **1 thick slice corned beef + 1 buttered pitta bread**
(280kcal, 14g protein)

Cheese

- ♦ **30g (matchbox size) cheddar cheese on 1 slice toast**
(210kcal, 11g protein)
- ♦ **100g soft cheese + 2 x rye crackers + 30g seeds**
(320kcal, 9g protein)

Bread

- ♦ **75g pizza slice (eg. Margherita, cheese, pepperoni)**
(240kcal, 9g protein)
- ♦ **3 oat cakes + 50g houmous**
(235kcal, 5g protein)

Spreads

- ♦ **40g pate (eg Brussels) + 1 x slice buttered toast**
(304kcal, 9g protein)
- ♦ **30g peanut butter + 1 small banana on 1 x slice toast**
(400kcal, 12g protein)

Potato

- ♦ **Chips (small bowl, 100g)**
(280kcal, 3g protein)
- ♦ **1 potato waffle + 1 fried egg**
(210kcal, 10g protein)
- ♦ **Baked potato + 1/2 tin baked beans** (340kcal, 11g protein)



Nourishing Snack Ideas: Sweet

Biscuit

- ♦ **3 flapjack mini bites**
(210kcal, 3g protein)
- ♦ **2 chocolate digestives**
(170kcal, 2g protein)
- ♦ **2 shortbread biscuits**
(180kcal, 2g protein)

Pastry

- ♦ **1 Eccles cake**
(400kcal, 4g protein)
- ♦ **1 croissant + butter + jam**
(405kcal, 5g protein)
- ♦ **1 chocolate éclair**
(235kcal, 4g protein)

Chocolate & Sweets

- ♦ **1 standard chocolate bar**
(260kcal, 4g protein)
- ♦ **6 mini variety chocolates**
(260kcal, 2g protein)
- ♦ **4 fudge pieces (56g)**
(240kcal, 0g protein)

Dairy

- ♦ **125g rice pudding pot + jam**
(175kcal, 4g protein)
- ♦ **100g creme brulee pot**
(325kcal, 4g protein)
- ♦ **1 x 60ml mini 'Magnum'**
(170kcal, 2g protein)

Bread

- ♦ **1 slice bread + butter + 'Nutella' or peanut butter**
(265kcal, 5.5g protein)
- ♦ **120g bread & butter pudding + 50ml evaporated milk**
(460kcal, 10g protein)

Toasted

- ♦ **1 waffle + 30ml golden or maple syrup**
(220kcal, 2g protein)
- ♦ **1 slice fruit bread + 10g butter + 15ml honey**
(250kcal, 4g protein)

Cake

- ♦ **1 cream & jam doughnut**
(235kcal, 4g protein)
- ♦ **1 individual fruit pie + 30ml double cream**
(485kcal, 2g protein)
- ♦ **1 small cheesecake**
(260kcal, 3g protein)

Fruit & nut

- ♦ **Handful mixed nuts/raisins**
(250kcal, 11g protein)
- ♦ **1 banana + scoop ice-cream + syrup + chopped nuts**
(281kcal, 5g protein)
- ♦ **25g chocolate peanuts**
(280kcal, 8g protein)



Nourishing Drink Ideas: Cold

Plain Fortified Milk Drink

- 300ml full cream fortified milk + 2 tablespoons skimmed milk powder

Mix powder with small amount of milk to make a smooth paste; slowly add remaining milk.

Alternatively, fortify a full pint of milk, as per recipe on page 5, and pour 300ml (approximately half a pint). Store the remainder in the fridge for later use.

Provides 300 Kcal, 20g protein

Choco-nut Shake

- 100ml fortified milk
- 50ml double cream
- 45g (3 tablespoons) smooth peanut butter
- 40g (2 tablespoons) chocolate sauce
- 1 scoop (55g) chocolate ice-cream



Blend ingredients and serve chilled.

Provides 858Kcal, 21g protein

Fruit Juice Boost

- 200ml fresh fruit juice (e.g. orange or apple)
- 30g (2 tablespoons) of skimmed milk powder
- 40g (2 tablespoons) of syrup or honey



Blend together and serve chilled.

Lemonade can be added for extra fizz.

Provides 314Kcal, 11g protein

Mega Milkshake

- 200ml fortified milk
- 1 scoop of ice-cream
- 15g (1 tablespoon) milkshake powder
- 60g (2 tablespoons) double cream



Blend together, and serve chilled.

Flavours can be varied.

Provides 500Kcal, 16g protein

Yoghurt Smoothie

- 100ml fortified milk
- Small pot (150g) of full fat yoghurt (e.g thick & creamy or Greek style)
- 100g of frozen berries
- 1 small banana



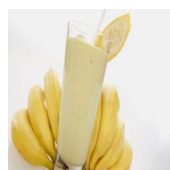
Blend until smooth, and serve chilled.

Double cream can also be added.

Provides 400Kcal, 13g protein

Tropical Smoothie

- 200ml coconut milk
- 30g (2 tablespoons) skimmed milk powder
- 1 small ripe banana
- 1 scoop ice-cream



Slice banana, blend with other ingredients .

Use different fruits if preferred.

Double cream can also be added.

Provides 600Kcal, 14g protein

Tasty Toffee Apple

- 100ml fortified milk
- 100g apple pie filling
- 1 scoop of caramel flavour ice-cream*
- Dash of cinnamon



Blend until smooth, and serve chilled.

***Alternative: use vanilla ice-cream and add toffee sauce.**

Provides 331Kcal, 9g protein

Nourishing Drink Ideas: Hot

A note regarding tea:

In order to boost nutritional value, a cup of tea should be made using fortified full cream milk, and sugar if possible.

However, a fortified cup of tea does not count as a nourishing drink, as calorie and protein contents are still too low.

Milky Coffee

- 200ml fortified milk
- 60g (2 tablespoons) double cream
- 2 teaspoons sugar
- 1 tablespoon coffee powder



Hot: Heat milk & cream, add to powder.

Cold: Mix coffee powder & sugar, with small amount of hot water. Add the milk, cream, and ice to chill.

Provides 400Kcal, 14.5g protein

Hot Chocolate

- 200ml fortified milk
- 60g (2 tablespoons) double cream
- 20g chocolate powder
- 10g marshmallows



To serve hot: Heat milk & cream, then add to chocolate powder.

To serve cold: Do not heat ingredients. Add ice-cream, and blend.

Provides 455Kcal, 14.5g protein

Malted Milk

- 200ml fortified milk
- 60g (2 tablespoons) double cream
- 25g of 'Horlicks' or 'Ovaltine'



To serve hot: Heat milk & cream, then add to malt powder.

To serve cold: Simply blend ingredients.

Provides 430Kcal, 15g protein

Vanilla Custard

- 150ml fortified milk
- 70ml double cream
- 25g (6 teaspoons) sugar
- 30g (2 tablespoons) custard powder



Heat milk until boiling, add custard powder, stir until thickened. Stir in sugar and cream. Serve hot (or chill in the fridge).

Provides 684Kcal, 11.5g protein

Spiced Cup

- 200ml fortified milk
- 20g (1 tablespoon) golden syrup/honey
- Pinch of mixed spices
- Pinch of cinnamon



To serve hot: Heat milk, stir in other ingredients, and serve hot.

Provides 250Kcal, 13g protein

Super Soup

- 1 'Cup-a-Soup'
- 200ml fortified milk
- 60g (2 tablespoons) double cream



Heat milk & cream in a saucepan or microwave, then add to the packet of Cup-a-Soup and mix well.

Note: the milk is used in place of water.

Provides 420Kcal, 15g protein

Nourishing Soup Ideas (1)

Fortified Tinned Soup

- ♦ 150g (half a tin) of condensed soup eg cream of tomato or cream of chicken
- ♦ 140ml fortified whole milk (ie add 1 tablespoon of skimmed milk powder to the whole milk)
- ♦ 30g (1 tablespoon) double cream
- ♦ 25g (3 tablespoons) grated cheddar cheese

Make up the condensed soup using the fortified milk (in place of the usual water). Heat, and sprinkle on the grated cheese to serve.

Makes 1 single portion: 400 calories, 17.5g protein



Hearty Winter Soup

- ♦ 400g pre-cooked chicken, chopped
- ♦ 1 tablespoon vegetable oil
- ♦ 3 carrots, sliced
- ♦ 2 celery stalks, sliced
- ♦ 2 tablespoon parsley, chopped
- ♦ 1 onion, chopped
- ♦ 300ml water
- ♦ 1300ml chicken stock
- ♦ 180ml double cream
- ♦ 400g tinned cannellini beans
- ♦ Pepper and salt to taste



Heat the oil in a large pot, over a medium heat. Saute carrots, celery, onion, and heat for 8-10 minutes until vegetables soften. Add water, chicken, and stock; bring to the boil whilst stirring. Reduce heat, and simmer 15-20 minutes. Add beans, and cook for a further 5 minutes. If too thick, add more stock or water. Season with salt and pepper.

Makes 6 single portions: 370 calories each, 28g protein

Nourishing Soup Ideas (2)

Carrot & Cashew

- ♦ 2 pounds of fresh carrots, peeled and roughly chopped
- ♦ 900ml stock or water
- ♦ 1-2 teaspoons salt
- ♦ 1 medium potato, washed and roughly chopped
- ♦ 3-4 tablespoons butter
- ♦ 220g onion, chopped
- ♦ 1-2 cloves garlic, crushed
- ♦ 1 teaspoon ginger, grated
- ♦ 75g cashews, chopped
- ♦ 160ml sour cream



Place carrots, stock/water, salt and potato into a soup pot and bring to boil. Cover, and let simmer for 15 minutes. Let it cool to room temperature. Sauté the onion, garlic, and nuts, with a pinch of salt, in the butter until the onions are clear. Stir in the ginger, and let cook for another minute. Puree in a blender until smooth, and reheat until warm. Garnish with a tablespoon of sour cream.

Makes 4 single portions: 410 calories each, 7g protein

Chilled Avocado

- ♦ 4 ripe avocados
- ♦ Juice from 1 lemon
- ♦ 560ml vegetable stock, chilled
- ♦ 340ml double cream
- ♦ 2 tablespoons chopped fresh parsley
- ♦ Dash of cayenne pepper (optional)
- ♦ Dash of salt and pepper, to taste



Blend the avocados with the lemon juice, until smooth. Add vegetable stock and cayenne pepper; blend until well mixed. Chill for at least an hour. In a large bowl, whip the cream until frothy and almost firm. Add the avocado mixture to the cream, gently stirring by hand. Add parsley, and a dash of salt and pepper.

Makes 4 single portions: 610 calories each, 5g protein

Nourishing Dessert Ideas (1)

Fortified Thick and Creamy Yoghurt

- ♦ 1 x 150g pot thick and creamy yogurt
- ♦ 15g (1 tablespoon) skimmed milk powder
- ♦ 20g (1 tablespoon) honey or syrup



Mix all ingredients, until milk powder has dissolved. You could also add fresh fruit, or granola for extra nutrition.

Makes 1 single portion: 300 - 350 calories, 10g protein

Lush Lemon Dessert

- ♦ 300ml double cream
- ♦ 70g caster sugar
- ♦ 60g (4 tablespoons) skimmed milk powder
- ♦ Juice of 1 lemon



Gently heat the cream with the milk powder, until milk powder has dissolved. Add sugar, bring to the boil, and boil for 3 minutes. Mix in lemon juice. Pour into 3 small dessert bowls, and chill in the fridge.

Makes 3 portions: 630 calories each, 9g protein

Mars Bar Mousse

- ♦ 2 x Mars Bars (102g)
- ♦ 150ml double cream
- ♦ 30g (2 tablespoons) skimmed milk powder



Gently heat the cream with the milk powder, until the milk powder has dissolved. Chop the Mars Bars into small pieces. Add to warm cream, and continue to heat gently, stirring until both Mars Bars have melted. Pour into 3 small dessert bowls, and chill in the fridge.

Makes 3 portions: 412 calories each, 5g protein

Nourishing Dessert Ideas (2)

Fortified Instant Dessert

- ♦ 1 packet instant dessert e.g. Angel Delight
- ♦ 150ml double cream
- ♦ 150ml full cream milk
- ♦ 60g (4 tablespoons) skimmed milk powder

Mix milk powder with the instant dessert powder. Add a little of the milk, to make a smooth paste. Whisk in the remaining milk and cream. Put into 3 dessert dishes, chill briefly in the fridge, & serve.



Makes 3 portions: 361 calories each, 10g protein

Extra Creamy Rice Pudding

- ♦ 200ml tinned rice pudding
- ♦ 30g (1 tablespoon) double cream
- ♦ 15g (1 tablespoon) skimmed milk powder
- ♦ 40g (2 tablespoons) jam, syrup or honey

Mix rice pudding with the skimmed milk powder until dissolved. Add the double cream. Heat to serve warm, or serve chilled. Add the jam, syrup, or honey before serving.



Makes 1 portion: 477 calories, 11g protein

Quick Change Custard

- ♦ 200g tinned or ready-made custard
- ♦ 55g sachet of Complan or Build Up

Mix the powder into the custard thoroughly, until dissolved. Can heat, or serve cold. Try serving it with a sponge dessert, or sliced banana.



Makes 1 portion: 441 calories, 15g protein

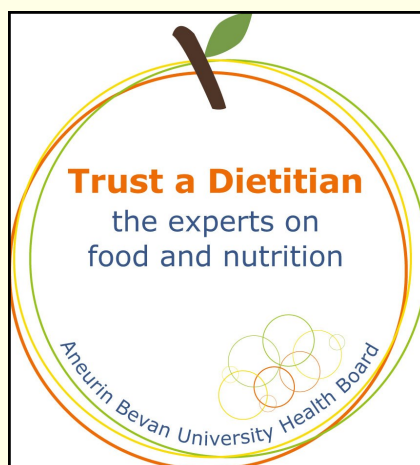
Word of Caution

If you have swallowing or chewing difficulties:

Some of the suggestions in this leaflet may not be suitable for those with swallowing or chewing difficulties. For further information, please discuss with your Speech and Language Therapist, GP, or Dietitian.

If you have Diabetes:

Some of the suggestions in this booklet can potentially effect your blood glucose levels. Please discuss any concerns with your Diabetes Specialist Nurse, or GP. They will be able to make adjustments to your diabetic medicines if required.



Produced by ABUHB Community Nutrition Support Team. Tel: 01633 261455.
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