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# Food 1<sup>st</sup> ; A food-based approach

This booklet provides practical examples of how to eat well,  
when you have a small appetite.

Recipient's name: \_\_\_\_\_

Date: \_\_\_\_\_

Provided by: \_\_\_\_\_

Contact number: \_\_\_\_\_



## What is malnutrition?

Malnutrition is defined as lack of **energy, protein** and **other nutrients** that causes negative effects on the body.

This can happen when there is a significant reduction in your appetite and food intake.

If you are not getting enough nutrients, it can lead to unintentional weight loss and negative health effects such as:

Reduction in strength or lack of energy/tired all the time leading to...



### What is malnutrition?

...Being less active or unable to maintain independence, higher risk of infection, higher risk of falls and malnutrition



## What could cause your reduction in appetite?

- Do you have any uncontrolled pain, nausea, constipation or diarrhoea?
- Have you recently started a new medication?
- Are you struggling with a lack of energy to prepare meals?
- Do you have a low mood or a lack of motivation for daily tasks such as eating and meal preparation?
- Do you have a health condition affecting your intake?

## General tips to improve your intake

**Eat little and often:** Have small, frequent meals and snacks, rather than three large meals. Avoid long periods without food.

**Include protein foods with each meal:** e.g., meat, fish, milk, cheese, eggs, beans, nuts, lentils.

**Select favourite foods:** To tempt your appetite. Try to make the food look attractive on the plate.

**Take drinks after or 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 or canned vegetables, can provide a nutritious meal.

**Have hot or frozen meals delivered:** e.g.,

Wiltshire Farm Foods [www.wiltshirefarmfoods.com](http://www.wiltshirefarmfoods.com)

Oakhouse [www.oakhousefoods.co.uk](http://www.oakhousefoods.co.uk)

Meals on Wheels (social services can provide you with more information about these).

**Batch cooking:** Make meals in bulk and freeze in single portions for when you don't feel like cooking.

## A nutrient-dense approach to manage malnutrition and weight loss

If you are finding it difficult to eat and drink enough, using a **nutrient-dense approach** enables you to meet your nutritional needs, bridge the nutritional gap, prevent weight loss and help to maintain weight.

The aim is to provide **an additional 500 calories per day** using nutrient-dense foods, drinks and snacks.

### What is food fortification using nutrient-dense foods?

Food fortification means adding additional nutrients to food without significantly increasing the portion size or affecting the taste or texture.

**Nutrient-dense foods** such as cheese, nuts, eggs, yoghurt, milk or beans, contain a wide range of nutrients including energy, protein, vitamins and minerals, and they may also contain fibre.

Traditionally butter, cream and sugar were used to fortify, they add flavour to foods and can make eating more pleasurable. However, adding these as food fortifiers really only adds extra calories without adding many other nutrients. **Nutrient dense food fortifiers** add multiple nutrients which will support you meeting your nutritional needs.



## Nutrient-dense food fortifiers

Here are some practical examples of nutrient-dense food fortifiers. These can be added to recipes or to the finished meal. Read through below and tick the ones you would like to try:

<b>Nutrient Dense Food Fortifier</b>	<b>Protein &amp; Energy content</b>	<b>Add to</b>
<input type="checkbox"/> Cheese, grated	1 tablespoon (10g) <b>2.5g protein</b> <b>40kcal energy</b>	potatoes, soups, vegetables, salad, beans
<input type="checkbox"/> Dried skimmed milk powder	1 tablespoon (15g) <b>5.5g protein</b> <b>55kcal energy</b>	porridge, soups, mashed potato, custard, milky drinks, smoothies
<input type="checkbox"/> Egg	1 egg <b>6g protein</b> <b>75kcal energy</b>	mash potato, salad
<input type="checkbox"/> Greek yoghurt (full fat)	1 tablespoon (45g) <b>2g protein</b> <b>61 kcal energy</b>	porridge, curry, cereal, smoothies, dressing for salad/vegetables
<input type="checkbox"/> Almond butter	1 tablespoon (15g) <b>3.4g protein,</b> <b>98kcal energy</b>	porridge, soups, smoothies, toast
<input type="checkbox"/> Peanut butter	1 tablespoon (15g) <b>4g protein</b> <b>94kcal energy</b>	porridge, satay/peanut curry, toast
<input type="checkbox"/> Cashew butter	1 tablespoon (15g) <b>2.8g protein</b> <b>94kcal energy</b>	porridge, soups, smoothies, toast
<input type="checkbox"/> Ground almonds	1 tablespoon (15g) <b>3g protein</b> <b>92kcal energy</b>	vegetable soups, stews, cereal, casseroles, yoghurt, puddings



## Nutrient-dense food fortifiers continued...

<b>Nutrient Dense Food Fortifier</b>	<b>Protein &amp; Energy content</b>	<b>Add to</b>
<input type="checkbox"/> Tahini	1 tablespoon (15g) <b>3.8g protein</b> <b>100kcal energy</b>	salads, vegetables, soup
<input type="checkbox"/> Seeds	2 tablespoons (20g) <b>3.9g protein</b> <b>100kcal energy</b>	salads, cereal, yoghurt, vegetables
<input type="checkbox"/> Soy protein powder	1 tablespoon (14g) <b>14g protein</b> <b>50kcal energy</b>	Vegetable soup, stews, casseroles
<input type="checkbox"/> Pea protein powder	1 tablespoon (17g) <b>11g protein</b> <b>60kcal energy</b>	Vegetable soup, stews, casseroles



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## Fortifying milk

Per 568mls (1 pint), preferably full fat milk.

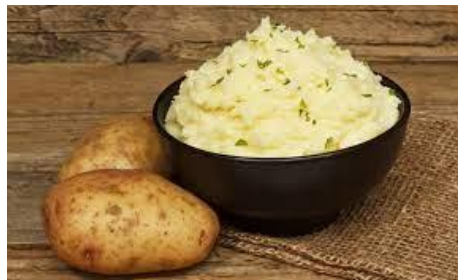
Add 4 tablespoons (60g) skimmed milk powder to a jug. Mix with a very small amount of milk to make a smooth paste, then add remaining milk to make 568ml (1 pint)



**\*200ml of full fat fortified milk provides 200 Kcal, 13.3g protein**

## How to use fortified milk

Use 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.



**Skimmed milk powder** can be added straight into soups or drinks

1 tablespoon = 55kcal, 5.5g protein





## Savoury Nutrient-dense snacks

The following contain approximately 200-250kcal energy and at least 3g of protein.

- Scrambled egg (1 medium egg, + 10g butter) with fortified milk
- 30g (matchbox size) cheddar cheese on 1 slice toast
- 30g (matchbox size) cheddar cheese + 2 x crispbread crackers
- 30g peanut butter on 1 x slice toast
- 3 oat cakes + 2 tablespoons houmous
- ½ a tin sardines/mackerel in tomato sauce on 1 slice buttered bread or toast
- 2-3 cream crackers with a generous spread of nut butter, pate or a matchbox size piece of cheese
- 1 slice wholemeal toast with nut butter (e.g., peanut, almond or cashew butter)
- Small handful (40g) mixed nuts
- 2 small falafels with houmous
- 1 cheese scone with butter
- 1 boiled egg with 1 piece of wholegrain toast



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## Sweet Nutrient-dense snacks

The following contain approximately 200-250kcal energy and at least 3g of protein.

- 1 slice of fruit bread with butter
- Handful (40g) of mixed nuts and raisins
- 1 slice of fruit bread with 30g (matchbox size) cheese
- 2 scotch pancakes with jam
- 1 individual sponge cake with full fat custard pot
- 125g pot rice pudding with 1 tablespoon jam
- 150g tub full fat Greek yoghurt
- 1 slice wholemeal toast with half a banana
- 3 tablespoons of granola with full fat Greek yoghurt
- Sachet of instant porridge made with milk with 1 tablespoon of nut butter/yoghurt/mixed nuts



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## Nutrient-dense drinks

Add the following to 200ml fortified milk, each provides approx. 300kcal, 17g protein

- Hot chocolate** - 4 heaped teaspoons of hot chocolate powder with added vitamins & minerals e.g. Nesquik hot chocolate or shop's own brand hot chocolate powder
- Milkshake** - 4 heaped teaspoons of milkshake powder with added vitamins & minerals e.g. Nesquik or shop's own brand milkshake powder
- Ovaltine or Horlicks** - 5 heaped teaspoons of Ovaltine or Horlicks malted food drink or shop's own brand
- Mocha** - 3 heaped teaspoons of fortified chocolate powder and a teaspoon of coffee powder or instant latte sachet
- Instant soup** - made with 200ml fortified milk. Limit to 1 or 2 a day due to high salt content

### **Yoghurt smoothie**

100ml fortified milk, small pot (150g) of full fat yoghurt

100g of frozen berries, 1 small banana

### **Fortified fruit juice or fruit juice boost**

180ml fruit juice

40ml undiluted cordial

10g egg white powder/skimmed milk powder



Try not to use these drinks as a meal replacement. Instead, have between meals to add extra nutrients

## Examples of how to increase your intake by 500kcal per day using nutrient dense foods

<b>For the person who likes milk</b>	<b>507kcal + 27.7g protein</b>
Hot chocolate made with fortified milk	254kcal
1 tub Greek Yoghurt	198kcal
1 tablespoon skimmed milk powder added to custard or other puddings	55kcal

<b>For the person who dislikes milk or prefers savoury</b>	<b>511kcal + 26.8g protein</b>
1 small handful mixed nuts	246kcal
1 falafel	111kcal
1 tablespoon pea protein powder added to vegetable soup or other meal	60kcal
1 tablespoon nut butter on <u>1</u> toast or <u>2</u> crackers	94kcal

<b>For the person who likes sweet flavours</b>	<b>516kcal + 18.6g protein</b>
1 bread and butter pudding sponge finger/rice pudding pot /half a fruit scone with butter	118kcal
Hot chocolate made with fortified milk	254kcal
1 pot of custard 125g	144kcal



## Your plan

Use this booklet to help you choose nourishing foods & drinks, and items to fortify your meals.

It may be helpful to note below, the options you would like to try, aiming for additional 500kcal to your daily intake.

1. _____	Protein	Calories
_____	_____	_____

2. _____	Protein	Calories
_____	_____	_____

3. _____	Protein	Calories
_____	_____	_____

4. _____	Protein	Calories
_____	_____	_____

<b>Total:</b>	<b>Protein</b> _____	<b>Calories</b> _____
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## **Vegan Alternatives**

Instead of yoghurt made with cow's milk use coconut/soya yoghurt.

Instead of cow's milk use fortified soya, oat or almond milk.

Instead of egg add fortified tofu.

## **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:**

And you are struggling with your appetite, it's important to eat the foods you like rather than being too restrictive with your diet. Any rise in blood glucose levels should be managed with medication and in the community, this would be the diabetes nurse or practice nurse/GP, please contact them for advice.



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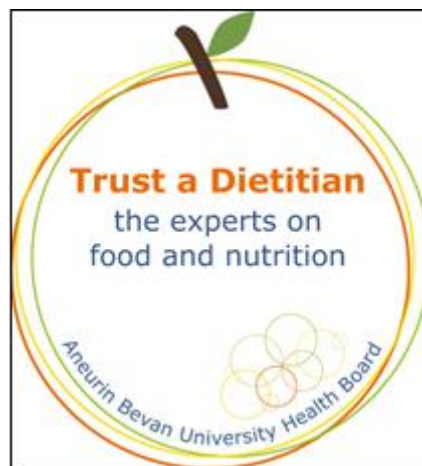
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## Credits:

PrescQIPP C.I.C. is a community interest company-

<https://www.prescqipp.info/our-resources/bulletins/bulletin-261-oral-nutritional-supplements/>

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