

Food First Advice for Improving Nutrition

- 'Food First' is an approach to treating poor dietary intake and unintentional weight loss using every day nourishing foods and drinks.
- Please see below for suggested ideas to help improve the nutritional intake of an individual with a small appetite.

- Small frequent meals and snacks
- Nourishing snacks or nourishing drinks between meals
- Recommend full fat or high energy options (if appropriate to medical conditions i.e. diabetes)
- Recommend the use of frozen or ready-made meals and snacks if food preparation is tiring
- Recommend food fortification to increase the nourishment from foods and drinks

Ideas for Food Fortification

- Add butter to potatoes and vegetables
- Thickly spread butter on bread or toast
- Add grated cheese to mashed potato, soups, sauces and scrambled eggs
- Add sugar, honey or syrup to hot drinks, porridge, cereals and into hot puddings
- Add milk or cream to soups and sauces
- Use mayonnaise or dressing on salad or sandwiches
- Make hot drinks with fortified milk

Nourishing Drink Ideas

Milkshake (450kcal)

- 200ml whole milk
- 2 heaped tablespoons milk powder
- 1 tablespoon milkshake powder/syrup

Nourishing soup (300kcal)

- 200ml whole milk
- 1 heaped tablespoon milk powder
- 1 packet soup

Nourishing Snack Ideas

Try eating one nourishing snack between each meal (mid-morning, mid-afternoon, before bed)

Sweet options

- Milky puddings (rice pudding, custard, mousse)
- Full fat yoghurts
- Chocolate, biscuits, cakes, pastries
- Cereal or breakfast bars
- Dried fruit
- Tea cakes, scones, malt loaf, crumpets spread with butter and jam
- Breakfast cereal with fortified milk

Savoury options

- Toast, crumpets, muffins, bread, bagel (with butter, cheese, ham, pate)
- Pork pie, sausage roll, scotch egg
- Cheese on toast, beans on toast
- Crisps, cheese and crackers
- Slice of pizza or quiche
- Nuts / Peanut butter

How to Make Fortified Milk

- Add 4 - 5 tablespoons of milk powder to 1 pint of full cream milk
- Fortified milk can be used for hot milky drinks, milky puddings, porridge, cereal