# 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 **three daily goals**:

**EVERY DAY:**

**ONE pint of fortified whole milk,**

**TWO nourishing snacks or drinks,**

**THREE fortified meals**

# Fortified Milk

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| **Basic Milkshake** | **Banana milkshake** | **Soup** |
| Ingredients:   * 200mls whole milk * 1 scoop of ice cream * 2 tbsp skimmed milk powder * 3 tsp vitamin fortified milkshake powder, such as Nesquik or Tesco Milkshake Mix   Method:   1. Add all the ingredients together and whisk. 2. Serve chilled or warm.   Calories: 399  Protein (g): 20 | Ingredients:   * 200mls whole milk / alternative * 150g whole milk yoghurt or soya yoghurt * 1 banana * 2 teaspoons honey   Method:   1. Mix all the ingredients together using a food blender, or mash with a potato masher then whisk   Calories: 420  Protein (g): 15 | Ingredients:   * 1 instant soup sachet * 200ml full fat milk * 2 tbsp skimmed milk powder   Method:   1. Warm the milk. 2. Gradually add the soup sachet and milk powder, stirring well.   Calories: 351  Protein (g): 20 |

Ensure all the milk you have is **whole milk**. **Fortify it** by mixing four tablespoons of skimmed milk powder into one pint (568ml) of whole milk. Mix the powder with a small amount of milk to make a paste, then add the remaining milk, stirring continuously. Keep it in the fridge to use throughout the day: in drinks, on cereal or when cooking.

# Nourishing drinks and snacks

Try to have at least **two nourishing drinks or snacks** per day, between meals or in the evening. Adopting a **‘little and often’** eating pattern by having small meals, snacks or drinks every two to three hours can really help to increase your nutrient intake.

**Nourishing drink ideas:**

Ready-made 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. **Alternatively, make** a hot chocolate, milky coffee or malted drink, such as Ovaltine® or Horlicks®, **made with fortified milk.**

# Nourishing snack ideas:

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| --- | --- | --- |
| * Cheese / cream cheese and crackers * Avocado on toast * Crumpet or bagel with butter * Teacake or hot cross bun * A bowl of crisps or nuts * Egg or tuna mayonnaise sandwich * Mini scotch eggs or sausages | * Falafel balls and dip * Peanut butter on toast * Potato salad with mayonnaise * Tinned mackerel/salmon * Savoury pastry or pasty * Biscuits or chocolate bar * Boiled egg and buttered soldiers * Hummus and breadsticks | * Thick and creamy yoghurt * Scone with clotted cream and jam * Buttered fruit loaf or malt loaf * Tinned fruit and ice cream * Flapjack or muesli bar * Whole milk yoghurt with muesli * Rice pudding |

# 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.

**To fortify your food, add:**

* **Cream, coconut cream or Oatly™ cream alternative** to cereals, porridge, sauces, soups, mashed potato and puddings.
* **Evaporated milk** to sauces, custard, jellies, tinned fruit, puddings and coffee.
* **Cheese or cheese alternative** to mashed potato, soups, sauces, baked beans, scrambled egg and vegetables.
* **Olive oil, cream cheese or pesto** to potatoes, vegetables, soups, and pasta.
* **Butter or vegetable fat spread** liberally for toast and sandwiches
* **Jam** **or golden syrup**\* to puddings, yoghurts, porridge.
* **Oil-based salad dressings, oils or mayonnaise** to salads.
* **A tablespoon of mixed nuts or seeds** to salads or breakfast cereals
* **Nutritional Yeast flakes** add plant- based protein to any savoury dish

# \*If you have diabetes:

You can have amoderate amount of sugar containing foods. You may need to avoid large amounts of fruit juices or full sugar soft drinks and replace them with milk- based drinks. You may need to monitor your blood sugars more closely than normal. Speak to your GP, nurse or diabetes team for moreinformation.