

Food First

Eat and drink your way to better health

This leaflet can help you to increase your calorie and protein intake if you have a poor appetite or have lost weight. Following the guidance to include nourishing snacks and drinks in your diet can help stop further weight loss or start to increase your weight.



Each day you should aim to have the following on top of your normal diet;

- Food boosters ([page 4](#))
- High energy snacks ([page 5](#))
- Nourishing drinks ([page 5/6](#))

You should weigh yourself weekly and track your progress using the table on page 9.

You should notice whether these changes have helped your weight after four weeks. If after this time you still have concerns, contact your GP practice for advice.



General hints and tips

- Always use full fat and full sugar products (if you have diabetes please seek advice from your diabetes specialist)
- Try to eat little and often, aim for every 2-3 hours
- If you are unable to manage a meal, try to have a nourishing drink with a snack instead
- Fresh air and gentle exercise before meals may help to stimulate your appetite
- Relaxing and enjoying meals in company may help to increase your appetite
- If a large plate of food is overwhelming, try a smaller plate; you can always go back for more
- Freeze extra portions so you have meals available without needing to cook every day



Skimmed milk powder*:

Skimmed milk powder, available in most supermarkets, is a cheap and effective way to increase your calorie and protein intake:

- Add 4 tablespoons of skimmed milk powder to 1 pint of full cream milk and mix well. This can be used throughout the day in place of your usual milk
- Add the skimmed milk powder to soups, mashed potato, white sauces, porridge, milky puddings, semolina, creamy dishes e.g. pasta bakes, fish pie, carbonara

*If you do not eat or drink dairy products try using soya milk fortified with soya milk powder instead



Food boosters

The list of foods below provide approximately 100 calories each. They are examples of boosters that can be added to your normal meals to promote weight gain. Aim for at least three boosters per day.

Savoury options	Can be added to
A small matchbox-sized piece (30g) of Cheddar cheese	Toast, pasta, mashed potato, soup, salads, baked potatoes, beans, minced beef/quorn dishes, crumpets, scones, chips.
1 tablespoon of peanut butter	Milkshake, toast, crumpets, sandwiches.
1 tablespoon of full fat mayonnaise	Salad, mashed potato, baked potato, chips, sandwiches.
1 tablespoon of oil	Salads, mashed potato, roast potatoes, chips, roasted veg,
2 cubes of butter or ghee	Bread, potatoes, crumpets, scones, vegetables.
2 tablespoons of pesto	Pasta, salad, vegetables, pizza, tomato based sauces, soups.
2 tablespoons of salad cream	Salad, mashed potato, baked potato, chips, sandwiches.
2 tablespoons of hummus	Vegetable sticks, bread sticks, crisps, salads, baked potatoes.

Sweet options	Can be added to
1 heaped tablespoon of sugar	Cereals, porridge, desserts.
1 small pot of full fat yoghurt	Fruit, pancakes, desserts, cakes.
1½ tablespoons of double cream	Porridge, desserts, milky drinks, cakes, fruit.
2 tablespoons of chocolate sauce	Porridge, desserts, milky drinks, fruit, pancakes
2 tablespoons of golden syrup	Porridge, desserts, cakes, fruit.
2 tablespoons of lemon curd	Porridge, desserts, cakes, fruit, sandwiches, toast
2 tablespoons of condensed milk/ evaporated milk	Porridge, desserts, milky drinks, cakes, fruit.
2 tablespoons of honey or jam	Porridge, desserts, drinks, cakes, fruit, yoghurt, pancakes, semolina and fried bread.
2 scoops of ice cream	Fruit, pancakes, desserts, cakes.

High energy snacks

Try to have two snacks each day. Avoid having them near meal times in case this reduces your appetite for main meals.

- A small handful of nuts or bombay mix
- A small handful of dried fruit
- Chocolate mini roll
- 1 banana
- Half a croissant
- 1 shortbread finger
- 1 bag of crisps
- 1 slice of malt loaf
- Half a hot cross bun with butter
- 2 Jaffa Cakes
- 3 cream crackers
- 3 squares of milk chocolate
- 150ml of fortified milk
- 200ml of orange juice
- Two fingers of KitKat
- Five jelly babies or wine gums
- A serving of Angel Delight
- A 30g piece of cheese
- A hardboiled egg
- Drozdowka (buns with a variety of fillings)
- 2 Racuchy (apple pancakes with icing sugar or jam)
- Sesame halva (traditional fudge like sweet made from sesame seeds)
- A handful of Pretzels or paluszki
- 1-2 almond or peanut cookies
- 1-2 egg tarts (Portuguese tarts)
- Chin chin (a crunchy doughnut style fried snack from West Africa)
- Plantain fritters made with 1 plantain.



Nourishing drinks

Making the most of the **fluid** you drink is an easy way of getting extra **energy** and **protein** throughout the day.

Aim for three nourishing drinks each day. Try to avoid having these near meal times. Having a milky drink before bed is thought to aid sleep.



Nourishing Drink Recipes

Fruit Smoothie

- 150ml carton fruit juice
- 1 mashed banana
- 3-4 tablespoons of tinned peaches in syrup
- 2 teaspoons of honey/maple syrup or sugar

Approx 260kcal and 2g protein

Iced Coffee Calypso

- 200ml fortified milk
- 1-2 teaspoons instant coffee powder
- 2 teaspoons double cream or 1 scoop ice cream (iced coffee)
- sugar to taste

Approx. 194kcal and 8g protein

Tip: for hot alternative heat milk and leave out ice cream.

Banana Milkshake

- 200ml fortified milk
 - 1 small banana mashed*
 - 1-2 teaspoons of sugar (or honey/ maple syrup/ caramel sauce)
 - 60g or 1 scoop vanilla ice cream
- *or pieces of fruit/berries*, (e.g. 80g)

Approx. 449kcal and 20g protein

Chocolate Indulgence

- 1-2 tablespoons drinking chocolate
- 2 tablespoons of double cream
- 1 generous scoop of ice cream

Approx. 300kcal and 17g protein

Tip: for hot alternative heat milk and leave out ice cream (approx. 230kcal and 17g protein)

There are also many high calorie or high protein drinks available in supermarkets and pharmacies if you are unable to prepare a homemade nourishing drink or prefer something that is ready-to-drink.



Flamingo Nana

- 200ml whole milk
- 2 tablespoons skimmed milk powder
- 1 small banana or ½ a large banana
- 1 x 100 - 150g full fat strawberry flavour yoghurt.
- 3 teaspoons of strawberry milkshake powder
- Squirty cream to cover the top of the drink
- 10 mini marshmallows on top of the squirty cream

Approx. 572 kcals, 20g protein

Hydration

Keeping hydrated is essential for healthy bodily function. You should try to drink 1.6 – 2 litres of fluid per day (this is around 8-10 glasses).

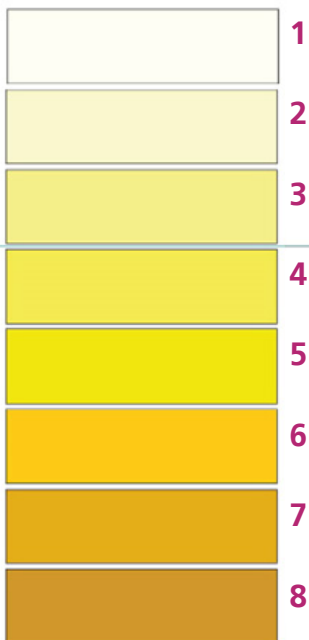
Symptoms of not drinking enough (dehydration) can include:

- Headache
- Thirst
- Dry mouth, lips or both.
- Tiredness
- Confusion
- Dizziness
- Low blood pressure
- Constipation
- Dry or loose skin
- Urinary tract infections



Keeping an eye on the colour of your urine can be a helpful way of making sure you are hydrated:

• Remember '1-3 is healthy wee, 4-8 you must hydrate!'



**Healthy Wee
is 1 to 3,**

**4 to 8 you
must hydrate**

Tips for staying hydrated:

- All fluids count e.g. water, tea, coffee, milk, squash, and fruit juice
- Foods that have a high fluid content can also help you stay hydrated, including fruit, vegetables, jelly, ice cream, soup, milky puddings
- In some circumstances, you may need to drink more, such as when you have a high temperature or wound, during hot weather or after exercise
- Some people who have incontinence don't drink as much as they should. However it is still important to remain hydrated. If you feel this is difficult for you speak to your GP practice.



Weight Record

[illegible]

SMART goals log

We hope you have found this Food First booklet useful. A good way of keeping yourself focused and on track with your diet goals is to set SMART targets.

SMART stands for:

Specific – target a specific area for improvement.

Measurable – quantify or suggest an indicator of progress.

Achievable – something that is possible to accomplish.

Relevant – set goals that are relevant to your overall aim.

Timed – specify when you expect the result(s) to be achieved.

Goal	Measure	Due date	Achieved (yes/no)
Example: To increase my BMI to 20 kg/m2	To gain 3 kg	March 2023	Yes

Further information

For more information on malnutrition:

<https://www.bda.uk.com/resourceDetail/printPdf/?resource=malnutrition>

For home delivery meals:

<https://www.wiltshirefarmfoods.com/> Tel: 0800 077 3100

<https://www.apetito.co.uk/meals-on-wheels/> Tel: 01225 562 627

<https://www.oakhousefoods.co.uk/> Tel: 0333 370 6700

For guidance on eating well with dementia: <http://www.cwt.org.uk/publication/eating-well-for-older-people-with-dementia/>

Age UK also have some useful information on eating well in later life: <https://www.ageuk.org.uk/> Tel: 0800 055 6112

If your mental health is affecting your nutritional intake:

<https://www.talk2gether.nhs.uk/> Tel: 0800 073 2200

If your finances are affecting your ability to buy food:

<https://www.citizensadvice.org.uk/> Tel: 0345 404 0506

If you have substance misuse problems:

<https://www.changegrowlive.org/content/cgl-gloucestershire>

Tel: 01452 223014

