

## FOOD FIRST – FOOD FORTIFICATION

If you have a poor appetite, have lost weight due to illness or need extra nourishment, it is important that you get enough nutrition to maintain your health. It is best to aim to meet your nutritional needs through ordinary food and fluids. We call this approach food first.

Increasing the calorie and protein content of your diet by adding small quantities of everyday foods is called 'food fortification'. This will not increase the portion size but will help with weight gain and help to meet your nutritional needs.



The food first approach means including the following **3** steps in your diet each day:

1. Have 1 pint of fortified full fat milk throughout the day – use this as you would normally use milk, for example in drinks, on cereal, in puddings or sauces



2. Have a nourishing snack between meals and before bed - aim to have at least 200 calories in each snack (see the lists below)
3. Have 3 fortified meals a day – aim to add 100 calories to each meal from the list below

## 1. Fortified milk recipe

1 pint (568ml) full fat milk mixed with 3 tablespoons dried skimmed milk powder.

### Nourishing drinks

- Hot chocolate powder (3 heaped teaspoons) with 200mls warm fortified whole milk \*
- Ovaltine/Horlicks powder (3 heaped teaspoons) with 200mls warm fortified whole milk \*
- Yogurt drink – 150mls fortified milk blended together with 1/2 small pot of full fat fruit yogurt \*
- Milkshake – 140ml of fortified full fat milk whisked with 1 tablespoon milkshake powder (Nesquik or supermarket own brand) you can also add 1 scoop (40g) ice cream\* to make it more nourishing

## 2. Snacks (calorie content is approximate as figures may vary according to size and brand)

### Sweet snacks

- |                                 |               |
|---------------------------------|---------------|
| • 1 chocolate digestive         | 80 calories   |
| • 1 shortbread finger           | 90 calories   |
| • 1 chocolate muffin            | 300 calories  |
| • 1 mini muffin                 | 100 calories  |
| • 1 slice fruit cake            | 200 calories  |
| • 1 egg custard tart*           | 240 calories  |
| • 1 mince pie                   | 200 calories  |
| • Small pot of chocolate mousse | 90 calories   |
| • Small pot of trifle           | 150+ calories |
| • 1 Jam tart                    | 140 calories  |
| • 150g pot of full fat yogurt*  | 160+ calories |
| • Small pot of rice pudding     | 130 calories  |
| • 1 scoop of ice cream          | 70 calories   |
| • 1 banana                      | 80 calories   |



### Savoury snacks

- |                                  |              |
|----------------------------------|--------------|
| • Small matchbox size of cheese* | 125calories  |
| • 2 mini scotch egg*             | 100 calories |
| • Bombay mix* (28g)              | 140 calories |
| • Mini onion bhaji*              | 80 calories  |
| • 1 cheese scone*                | 250 calories |
| • Small packet of crisps         | 130 calories |
| • A handful of mixed nuts*       | 170 calories |



- 3 cheese straws 105 calories
- Boiled egg\* 90 calories
- 1 piece of toast with 2 teaspoons butter 140 calories
- Cuppa Soup/ “soup in a cup” 70 calories

### 3. Ways to add more calories to a meal (Approximately 100 calories)

- 3 tablespoons (30g) skimmed milk powder\*
- 1 tablespoon (15g) mayonnaise
- 2 tablespoons (30ml) double cream
- 2 teaspoons (45g) jam or honey
- 4 teaspoons (20g) sugar
- 3 teaspoon (15g) butter
- 1 tablespoon (11g) vegetable/olive oil
- 30g Cheddar cheese\*
- 2 tablespoons (110g) full fat Greek yogurt\*
- 1 tablespoon (15g) peanut butter\*
- 3 tablespoons (45ml) single cream
- 65g (1/3 small can) evaporated milk



#### Examples of where you can add these foods to fortify your meals:

- Add double cream to soup, puddings, drinks or on breakfast cereal
- Add butter to potatoes or vegetables
- Add cheese to sauces, soups, baked beans or mashed potato
- Add sugar to drinks, breakfast cereal or puddings

**Please note: melted cheese can become stringy so may not be suitable for people with swallowing problems.**

**\* indicates also higher in protein** - Protein rich foods are beneficial for the growth and repair of body tissues and wounds. They are needed for strength, building muscle and to help fight infections.