

# Food First

## Adapting meals to prevent weight loss

If you have a poor appetite, it is best to aim to meet your nutritional needs through ordinary food and fluids. We call this approach food first.

This includes:

- Food fortification
- Snacks between meals
- Regular milky drinks
- Choosing high calorie and high protein foods/fluids

Food fortification will increase the calorie and protein content of your diet. This will not increase the portion size but will aid weight gain and help to meet your nutritional needs.

This information leaflet contains ideas on nourishing snacks, drinks and tips on how to increase the calorie and protein content of your food.



## Add a little extra to get a lot more

### Everyday foods you can use to fortify meals without increasing the portion size

Matchbox size piece of hard cheese (30g) adds an extra **125 calories** and **7.5g protein**



- Grate cheese in with mashed potatoes, soup or baked beans,
- Melted cheese on toast or tortilla
- Add to white sauces
- Add grated cheese to a potato topping or on top of a pie or pastry

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

2 teaspoons of butter (10g) adds an extra **70 calories**



- Add butter to kitcheri, potatoes or vegetables
- Spread thickly on bread or toast
- Add to white sauces
- Add on pasta or spaghetti

1 teaspoon (5g) of ghee adds an extra **44 calories**



- Mix extra into kitcheri
- Add to daals or curries
- Spread on chapattis, thepla, paratha or naan bread

1 tablespoon (15mls) of cooking oil e.g. olive, vegetable, sunflower adds an extra **135 calories**



- Add to potatoes or vegetables
- Add extra to stews, curries, dhals, soups or on roasted vegetables
- Fry or roast foods instead of grilling or baking
- Add an oil based dressing to salads

1 tablespoon (15mls) of single cream adds an extra **30 calories** and double cream (15mls) adds **65 calories**.



- Add to mashed potato, soup, dhal, creamy curries
- Add to puddings and yoghurts or with fruit
- Add into drinks e.g. coffee, chai, hot chocolate, malted drinks, smoothies, lassi or milk shakes
- On breakfast cereals

2 tablespoons (30mls) of evaporated milk adds an extra **45 calories**



- Add into desserts e.g. jelly, kheer, sooji, halwa, etc.
- Add into breakfast cereals, porridge and soups
- Use in drinks as a addition or substitute for milk

## Add a little extra to get a lot more

### Everyday foods you can use to fortify meals without increasing the portion size

1 tablespoon (10g) of dried skimmed milk powder adds an extra **35 calories and 3.5g protein**



- Add to 200mls of full fat milk and use in sauces, soups, drinks, puddings, porridge and breakfast cereals
- Use in milky drinks (chai, coffee, milkshakes, lassi, falooda)
- Add into creamy yogurt and puddings (kheer, sooji, halwa)

(milk may need to be heated to help dissolve the powder).

\* Alternatively make up 1 pint of fortified milk by adding 2-4 tablespoons of dried skimmed milk powder to 1 pint of full fat milk and whisk until dissolved. This can then be kept in the fridge to be used throughout the day.

1 tablespoon (55g) of Greek yogurt adds an extra **73 calories and 3g protein**



- Serve extra at mealtimes with curry and chapatti/ rice
- Use it to marinate meat for meat curries
- Add to milkshakes and smoothies
- Add to desserts
- Eat on its own

1 heaped teaspoon (6g) of sugar adds an extra **25 calories**



- Add to breakfast cereals
- Add into drinks e.g. chai, coffee, sweet lassi, milkshakes
- Add to puddings e.g. kheer, sooji or fruit

1 heaped teaspoon (18g) of jam adds an extra **45 calories**



- Add generously to bread or toast
- Add to porridge oats
- Add to puddings e.g. rice pudding or sponge puddings

1 heaped teaspoon (17g) of honey adds an extra **50 calories**



- Add to breakfast cereals or porridge
- Add onto yogurt or puddings
- Add into milkshakes, smoothies or drinks
- Spread on toast or bread



1 heaped teaspoon (4g) of ground almonds adds an extra **25 calories**

- Add to breakfast cereals or porridge
- Add onto yoghurt or puddings (kheer, halwa)
- Add into milkshakes, smoothies or drinks

***Avoid low fat, 'lite' or diet food products and use more high fat foods. This will increase the calorie content of your food when your appetite is poor.***



## Breakfast Meal Ideas



### Creamy Porridge (230 calories)

25g porridge oats  
100mls fortified milk \*  
1 tablespoon single cream  
1 heaped teaspoon sugar

(you can use Ready Brek as an alternative)

### Scrambled egg (275 calories)

2 eggs  
1 teaspoon butter  
1 tablespoon fortified milk \*  
1 tablespoon double cream

### Creamy yogurt and honey (200 calories) Cheesy Beans (370 calories)

125g pot of Greek yogurt  
1 heaped teaspoon of honey

(Add fruit as an alternative)

135g baked beans  
(1/3<sup>rd</sup> of a large tin)  
30g hard cheese  
1 medium slice of toast  
10g butter

### **Other breakfast Ideas include:-**

- Toast with butter and jam (or peanut butter, marmite, cheese spread, honey)
- Fruit juice – sweetened
- Fruit smoothie
- Soft breads such as brioche, crumpets or muffins (butter and jam could be added)
- Pastries e.g. croissant, pain au chocolat
- Breakfast cereals made with fortified milk
- Egg on toast
- Vegetarian 'Fry-up'
- Dokla
- Tea with paratha/ toast/ rusks
- Tea and Chevra/ Ganthia/ Sev/ Sev Mamra/ bhusu



## Light Meal Ideas

### **Toast with either:-**

- Sardines in tomato sauce
- Curried Paneer (30g)
- Baked beans
- Curried Egg and mango pickle
- Hummus



### **Jacket or mashed potato with a choice of fillings:-**

- Cheese
- Baked beans
- Tuna and mayonnaise
- Egg mayonnaise
- Butter
- Spicy chicken/ veg/ paneer

*Add butter, olive oil, mayonnaise or salad cream to increase the calories and taste*

### **Sandwiches with a choice of fillings:-**

- Tinned fish
- Cheese or paneer
- Egg
- Peanut butter (smooth or crunchy)
- Jam/ butter/ honey



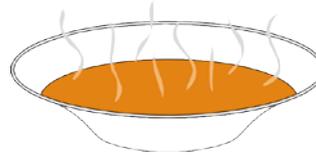
*Add mayonnaise, salad cream or spicy pickles to increase the calories and enhance flavour*

### **More light meal Ideas:**

- Bhajia, samosa, spring rolls, veg puffs
- Chaat
- Dokla
- Quiche
- Omelette
- Patra
- Fish fingers
- Thepla
- Handvo
- Soups – add cream, cheese or milk powder

## Main Meal Ideas

- Kitcheri
- Kadhi
- Meat, fish or vegetable curry
- Macaroni or cauliflower cheese
- Soup
- Meat or vegetable stews/ casseroles
- Fish or chicken in a creamy/butter sauce
- Dhaal



***To increase the calorie content of these meals add some of the extra everyday food fortifying ingredients into each dish, as mentioned earlier***



## Nourishing Snack Ideas

All these snacks provide extra calories:

- A bowl of kheer, custard, trifle, mousse, crème caramel or thick and creamy yogurt
- Instant whip desserts made with whole milk or fortified milk \*
- Slice of cake or cheesecake, chocolate mini roll, malt loaf with butter, scone with jam and cream, muffins
- Kulfi
- Dokla
- Egg mayonnaise or cheese on soft bread or crackers
- Biscuits (chocolate covered or cream filled are best)
- Jelly made with milk
- Buttered tea cake/ rusk
- Glass of fruit juice or milk
- Avocado or dips e.g. hummus, guacamole, sour cream
- Cubes of cheese
- Crisps
- Nuts
- Bhaji, samosa or pakora



## Nourishing Drink Ideas

In addition to balanced meals and food fortification, these drinks may be useful for those who require extra protein and calories to gain weight.

### **Falooda**

200ml full fat milk

1 tablespoon dried skimmed milk powder

1-2 tablespoons rose syrup

1 scoop ice cream

Jelly, grated

Basil seeds

1 tablespoon shredded pistachio nuts

Add all ingredients together and mix well, or blend if required.

### **Milky Masala Chai**

200ml full fat milk

1 tablespoon dried skimmed milk powder

1 teaspoon masala spices

1-2 teaspoon vanilla syrup (optional)

1 teaspoon evaporated milk

1 tablespoon condensed milk

Add masala spices to cup of fortified milk. Heat in the microwave. Remove and add evaporated milk, condensed milk and vanilla syrup.

### **Fruit drink (200 calories)**

100ml fruit juice

100ml lemonade (non-diet variety)

1 scoop sorbet

1 tablespoon sugar

(We used orange juice and lemon sorbet but feel free to experiment)

Blend all the ingredients together until smooth.

### **Mango Lassi**

100ml fortified milk \*

200ml full fat yoghurt

100-150g chopped mango

3 teaspoons sugar

Mix the ingredients together and blend until smooth

### **Hot chocolate (220 calories, 11g protein)**

200ml full fat milk

1 tablespoon dried skimmed milk powder

3 heaped teaspoons drinking chocolate

Sugar to taste

Warm the milk. Add the dried skimmed milk powder, chocolate powder and sugar and mix together.

***Also try malted milk drinks, coffee made with fortified milk, fresh fruit juice or milk on its own. These drinks will provide more energy and protein than teas and coffees made with water or cordial/squash.***

## **Tips for increasing food intake**

- ❖ Have smaller meals but more frequently throughout the day
- ❖ Have nourishing snacks and drinks between meals
- ❖ Do not overfill a plate at meal times but try a smaller plate and keep the portions smaller
- ❖ Do not fill up on low energy, filling foods like fruit and vegetables unless they are served with cream, ice-cream or cheese sauce
- ❖ Ensure your eating environment is calm and peaceful
- ❖ Always try to have full-fat / sugar versions of foods, unless you have diabetes
- ❖ Make foods look attractive. Have small helpings served on a small plate and garnish with parsley, lemon or tomatoes
- ❖ Sharp tasting foods are refreshing. Try fresh fruit, fruit juices, lemon squash or boiled sweets.
- ❖ An alcoholic drink if permitted by the doctor, before a meal can help to stimulate appetite

