

Food First

Information for patients, relatives and carers



PLEASE NOTE

A Food First approach uses foods with a higher fat and sugar content to boost calorie intake. Always discuss this with your healthcare professional if you have concerns regarding health conditions such as diabetes as closer monitoring may be required.

Food first strategies are typically intended to assist with weight recovery. Once you have improved your weight or achieved a Body Mass Index of 25kg/m2, if appropriate, aim to gradually reinstate a healthy balanced diet.

You have been given this booklet because it has been identified that you have a lower than recommended weight for your height (body mass index) and/ or you have been losing weight unintentionally. Due to this you may be at risk of malnutrition. We recommend that you follow the advice in this booklet, monitor your weight regularly and contact your GP for further support if needed.

This booklet is intended to provide generalised information to assist with poor appetite. Always make sure that you continue to follow any dietary restrictions for the management of food allergies or intolerances.

Weight:

- Monitor your weight using a consistent approach; use the same scales, same flooring, and same time of day wearing similar clothing.
- Do not weigh yourself more than once per week (unless otherwise advised by a healthcare professional) as this can cause unnecessary anxieties.

Date:	Height:	Current Weight:	Body Mass Index (BMI):
Weight Monitoring:		Date:	

Please speak to your healthcare professional if your require support with weighing or working out your body mass index (BMI)

Eating is typically a social, enjoyable experience involving the intake of food and fluid to maintain physical and mental wellbeing and protect weight.

At times of illness you may no longer experience a desire to eat or feelings of hunger, this can result in unplanned weight loss.

Poor eating and continued weight loss can result in feeling tired, cold, lethargic, and struggling to recover from illness with reduced quality of life.

Think! Do I want to stay the same?

If not **start small** and consider the following changes to make a big difference; weight gain is all about having extra calories:

- Do not worry about the quality of your diet at this current moment, the aim is to start eating a little more
- Choose or offer favourite and preferred foods at any time of the day
- Aim for three small meals per day
- If you soon feel over faced serve meals on a tea plate – as things improve so will the portion size
- Eat the protein (meat/fish/cheese/egg/Quorn) and carbohydrate (potato/pasta/rice/bread) part of the meal first. Don't worry if the vegetables remain uneaten, as these contain fewer calories
- Add extra calories to main meals with butter, cheese, cream or sauces (refer to the tables on the following pages)
- Include a high calorie pudding after main meals, for example fruit crumble and custard, milk puddings or thick and creamy yoghurts
- Add a small sweet or savoury snack e.g. chocolate biscuit, mini sausage roll, handful of dried fruit and nuts between meals. E.g. Eating 5 Jelly Babies = 100 extra calories!
- Try a milky drink made with full fat or enriched milk as this can be more nourishing than water based drinks
- Try and eat first, drinking immediately before or during a meal can lead to feeling fuller much sooner.

Be realistic:

- Eating when you have a poor appetite is difficult, but there is no instant solution
- Appetite and hunger are more likely to return with small regular meals and snacks throughout the day
- Make life easier; consider ready meals or a hot meal delivery service until you feel like cooking again
- Use tinned, frozen or ready prepared foods; don't be too exhausted from cooking to actually eat!
- If a main meal is unlikely to be eaten; have a small snack or nourishing milky drink instead.
- If you are struggling to eat, consider an A-Z multivitamin which can be bought in most supermarkets or pharmacy
- Be willing to accept support with meals and drinks.

If you are supporting others:

- Prompting and encouraging your relative/friend to eat can be challenging at times; sometimes excessive prompting can be counterproductive
- Try and create an enjoyable, relaxed and positive eating experience

Have you considered the things that may be stopping you from eating?

- Talk to your GP if you are experiencing symptoms such as nausea, vomiting, or if you are having problems with your bowels
- Check with the dentist if you are having problems with your teeth or dentures.
- Seek support if you are experiencing low mood, anxiety or depression.

Contact us:

This booklet has been produced by the RDaSH Dietetic Service in consultation with DBTH Dietetic Service. If you have any queries or require any further information, please contact any of the following Dietetic Services:

Contact details for more information:

Rotherham, Doncaster and South Humber NHS Foundation Trust Dietetic Service.

Telephone: 03000 211994 or email: rdash.dietetics@nhs.net.

Doncaster and Bassetlaw Teaching Hospital NHS Foundation Trust Dietetic Service

Telephone: (Bassetlaw) 01909 572773 (Doncaster) 01302 642742

Calorie Boosts

Adding one or more of the following full fat/sugar items to your food, such as butter to potatoes or double cream to your soup or dessert; will help to add extra calories.

Enriched milk: Mix 2-4 tablespoons of dried milk powder to 1 pint (568ml) of full fat milk. Keep refrigerated and use in place of ordinary milk in drinks, smoothies, soups, sauces, puddings, custard and on cereals



Savoury options

- A small handful of grated cheese
- 1 tablespoon of mayonnaise
- 1 tablespoon of oil
- 2 cubes of butter
- 2 tablespoons of Crème fraiche
- 2 tablespoons of sauces/salad dressing
- 1 tablespoon pâté
- 2 tablespoons of pesto
- 2 tablespoons of salad cream
- 2 heaped tablespoons of dried milk powder
- 1 tablespoon cream cheese

Sweet options

- 1 heaped tablespoon of sugar or icing sugar
- 1 small pot of full fat yoghurt
- 1½ tablespoons of double cream
- 2 tablespoons of chocolate sauce
- 2 tablespoons of golden syrup
- 1 small pot of custard
- 2 tablespoons of lemon curd
- 2 tablespoons of condensed milk
- 2 tablespoons of honey
- 2 scoops of ice cream
- 1 tablespoon of peanut butter
- 1 tablespoon of jam/marmalade

Simple swaps

Large sachet
porridge made
with 245ml semi
skimmed milk

= 254 calories



Large sachet
porridge made with
245ml full fat milk
with 1 tablespoon
double cream

= 382 calories



128
extra
calories

What about trying:

At times when it feels impossible to eat a full meal, try having smaller portions of food, but more frequently. Aim to have something every 2-3 hours. The following snack and menu ideas are to help you get started. Remember to use full fat versions of foods and avoid low fat or diet options.

Sweet snacks

- A small handful of dried fruit
- 1 slice/piece/handful of fresh fruit
- Tinned fruit in syrup
- 1 shortbread finger
- Handful sweet popcorn
- Stewed apple with custard/cream
- Full fat yoghurt
- Milk jelly
- Rice pudding
- Crème caramel
- Trifle pots
- Cream cakes
- Full size chocolate bars
- 3 squares of milk chocolate
- Dipping snacks e.g. chocolate spread
- 5 jelly babies
- 3 Jaffa Cakes
- Angel Delight with fruit
- Tiramisu
- Crème brûlée pots
- Panna cotta
- Mousse
- Mini chocolate rolls
- Biscuits (preferably cream or chocolate varieties)
- Flapjacks
- Teacakes
- Individual cake bars
- Scones
- Mini apple pies, Bakewell tarts

Savoury snacks

- Crisps/prawn crackers
- Tortilla chips and dip
- Small handful of nuts
- Build up soups (e.g. Meritene/Complan)
- Cheese and crackers
- Flavoured rice cakes
- Bread sticks
- Mini pork pies and sausage rolls or sausages
- Mini Scotch egg
- Cheese biscuits/cheese straws
- Spring rolls/prawn toast
- Bhaji, pakora or samosa
- Oat cakes with topping (pate)

What about trying:

Fortified Creamy Yoghurt

(makes 1 portion)

Ingredients

- 1 x 150g thick and creamy yogurt
- 15g (1 tablespoon) dried milk powder
- 15g (1 tablespoon) honey or syrup



Directions

Mix all the ingredients together until the milk powder has dissolved.



300 -350
calories
10g protein

Fortified Instant Dessert

(makes 3 portions)


Ingredients

- 1 packet instant dessert e.g. Angel Delight
- 150ml full cream milk
- 150ml double cream
- 4 tablespoons dried milk powder



Directions

- 1) Mix the milk powder with the instant dessert powder.
- 2) Add a little of the milk, to make a smooth paste.
- 3) Whisk in the remaining milk and cream
- 4) Put into 3 dessert dishes, chill briefly in the fridge and serve.



360
calories
10g protein

Menu Ideas

Breakfast

- Cereal with full fat/enriched milk
- Porridge or instant oat cereal
- Full fat yogurt with added biscuits or fruit
- Omelette with a filling e.g. cheese
- Scrambled egg with extra butter
- Croissants with butter/jam
- Crumpet/fruit teacake.
- Toast /with butter and extra jam/ marmalade/peanut butter/chocolate hazelnut spread/soft cheese
- Cheddar cheese on toast.




Main meals

- Lasagne
- Chili con carne
- Macaroni cheese
- Corned beef hash
- Shepherd's pie
- Chicken curry with rice and poppadum
- Cheese omelette with diced potato and mixed vegetables
- Bean casserole with special fried rice
- Butternut squash and butterbean stew with potato wedges, pasta or rice
- Pizza slices (eg. Margherita, pepperoni)
- Quorn/meat Chow Mein
- Casserole with dumpling
- Yorkshire pudding with a filling e.g. savoury mince
- Enchaladas with meat or vegetarian filling
- Sausage hotpot
- Pork meatballs and penne pasta
- Sweet and sour chicken with rice
- Fish with fried diced potato and minted mushy peas
- Mackerel in sauce and small baked potato
- Chicken nuggets with chips and dip.



Add the extras and increase the calories:

Small portion lasagne




= 211 calories

25g grated cheese **and** 1 slice garlic bread



+ 180 calories



391
calories

Small meals

- Pasties/sausage roll
- Pork pie and pickle
- Tuna pasta salad pots
- Sandwiches with various fillings
- Soup such as cream of tomato, chicken or vegetable
- Macaroni cheese or ravioli (tinned or individual portions)
- Slice of quiche
- Cheese and biscuits
- Sardines in tomato sauce on 1 slice buttered bread
- Baked potato and ½ tin baked beans.



Nourishing Drinks

Enriched milk

2-4 tablespoons dried milk powder added to 1 pint (568ml) full fat milk and used for a glass of milk, malted drinks (Ovaltine/Horlicks), hot chocolate or latte style coffee throughout the day .

Iced coffee

200ml enriched milk with 2 teaspoons instant coffee and sugar to taste

Compact hot drinks

3 teaspoons dried milk powder mixed together with 125ml full fat milk, heat gently in a microwave and add a flavouring of your choice e.g. hot chocolate, coffee, malted drinks, mix well prior to serving.

Booster breakfast drink

200ml fruit juice, 125g Greek Yoghurt, 1 tablespoon honey or sugar, 1 tablespoon dried milk powder. Mix all ingredients together.

Fortified tinned soup

150g of condensed soup e.g. cream of tomato or chicken, 140ml enriched milk 1 tablespoon (30ml) double cream 2 tablespoon (20g) grated cheddar cheese. Warm soup gently and gradually add remainder of ingredients, stir until thoroughly mixed.

Shop bought alternatives:

- Complian
- Meritene Soups and Shakes
- Meritene Ready to drink

- Aymes shake
- Nourishment
- Breakfast to go drinks

**please avoid body building supplements*

High Calorie Homemade Drinks and Shots

The healthcare professional has recommended the following high calorie drink(s) to be taken

☐ after main meals ☐ between meals

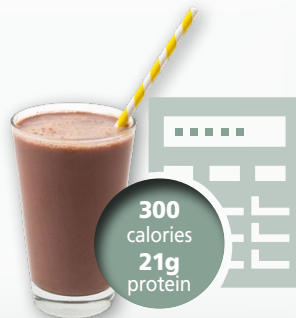
Supershake Compact (makes 1 portion of 125ml)

Ingredients

- 125ml full fat milk
- 3 tablespoons milk powder
- 3 teaspoons milkshake powder

Mix all ingredients together and stir well

Recommended dose per day.....



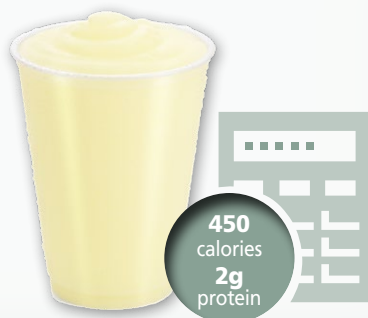
Superjuice (makes 1 portion of 200ml)

Ingredients

- 100ml regular lemonade
- 75ml cordial
- 2 tablespoons icing sugar
- 1 tablespoon golden syrup

Mix all ingredients together and stir well

Recommended dose per day.....



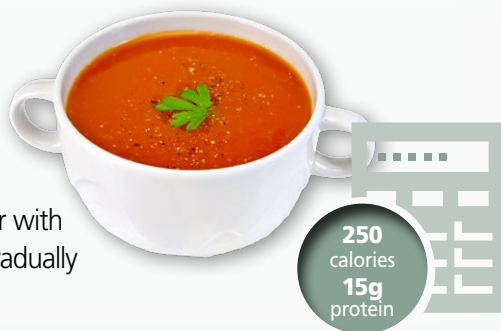
Supersoup (makes 1 portion of 200ml)

Ingredients

- 1 sachet Cup a Soup
- 1 tablespoon dried milk powder
- 200ml whole milk, boiled

Combine the soup and dried milk powder with a small amount of cold milk to a paste; gradually add the boiling milk until thickened.

Recommended dose per day.....



Booster Smoothie (makes 1 portion of 200ml)

Ingredients

- Handful of soft fruit
- 2 scoops vanilla ice cream
- 2 tablespoons double cream
- 100ml whole milk
- 30ml flavoured sauce
- 1 tablespoon dried milk powder

Place all ingredients into a blender and mix to a smooth consistency

Recommended dose per day.....



430
calories
12g
protein

Cream Shot (makes 1 portion of 40ml)

Ingredients

- 40ml double cream
- Small amount of flavouring to taste

Mix all ingredients together and stir well

Recommended dose per day.....



180
calories
2g
protein

If you would like this in large print, braille or on audiotape or would like this document in an alternative language, please contact the Patient Advice and Liaison Service on 0800 015 4334.

Amharic

ይህንን ሰነድ በግልጽ እንዲታይ በትልቁ ብሔራ ተጽፎ ወይም በቲፕ ተተክሎ ወይም በሌላ ቋንቋ ተጽፎ ለማየት የሚፈልጉ ከሆነ የበሽታችን ምክርና ግንኙነት አገልግሎትን በዚህ ቁጥር 0800 015 4334 ደውለው ያነጋግሩ።

Arabic

إذا أردت الحصول على هذه الوثيقة بالخط الكبير أو بلغة برايل أو على هيئة شريط صوتي أو مترجمة إلى لغة بديلة فيرجى الاتصال بخدمة التنسيق ونصيحة المريض Patient Advice and Liaison Service على رقم الهاتف 0800 015 4334 .

Bengali

আপনি যদি এটা বড় অক্ষরের ছাপায়, ব্রেইল-এ, বা কোন শোনার টেইপ-এ পেতে চান অথবা আপনি যদি এই কাগজটা অন্য কোন ভাষায় পেতে চান, তাহলে দয়া করে 0800 015 4334 নম্বরে পেশেন্ট এ্যাড্‌লাইস এন্ড লিয়েজঁ সার্ভিসের সাথে যোগাযোগ করবেন।

Cantonese (traditional Chinese)

如果你希望本文件是采用大字印刷、盲文或录音磁带等格式，或者希望本文件是使用其它的语言，请联络病患建议与联络服务（Patient Advice and Liaison Service），电话号码：0800 015 4334。

Czech

Pokud byste chtěli dokument psaný většími písmeny, brailovým písmem nebo na zvukové kazetě nebo v jiném jazyku, prosím, kontaktujte poradenskou službu pacientům na tel. 0800 015 4334.

Farsi

در صورت تمایل به داشتن این سند به نسخه ای با چاپ درشت تر، به خط بریل یا نسخه صوتی، یا به زبانی دیگر، لطفاً با دفتر خدمات مشاوره و هماهنگی بیماران به شماره تلفن ۰۸۰۰۰۱۵۴۳۳۴ تماس حاصل نمایند.

French

Si vous désirez ce document en gros caractères, en braille, enregistré sur cassette audio ou dans une autre langue, veuillez contacter le service de conseils et liaison des patients (Patients Advice and Liaison Service) au 0800 015 4334.

Kurdish Sorani

ئێمگەر ئێهه زانیاریاته به چاڵی گهوره، برائیل یان لاسهر شریتی دهنگی دهخوازیت بایخود ئهه به یههگهنامهیه به زماڵیکی دیکه دهخوازیت، تکهیه پاموهندی بکه به خزمهتگوزاری زینماهی و هاوئاهاهنگی نهخوشهوه به ژماره 0800 015 4334.

Polish

Jezeli dokument wymagany jest w wersji drukowanej dużą czcionką lub alfabetem Braille'a, na kasecie audio lub w innym języku, prosimy o kontakt z zespołem ds. kontaktów z pacjentami (Patient Advice and Liaison Service) pod numerem telefonu 0800 015 4334.

Punjabi

ਜੇ ਤੁਸੀਂ ਇਸ ਨੂੰ ਵੱਡੀ ਛਪਾਈ, ਬ੍ਰੇਲ ਜਾਂ ਸੁਣਨ ਵਾਲੀ ਟੇਪ ਤੇ ਰਚਦੇ ਹੋ ਜਾਂ ਇਸ ਸਮਰਾਥਿਨ ਨੂੰ ਹੋਰ ਭਾਸ਼ਾ ਵਿੱਚ ਰਚਦੇ ਹੋ, ਤਾਂ ਕਿਰਪਾ ਕਰਕੇ ਸਹਾਇਤਾ ਸੇਵਾ ਨਾਲੋਂ ਟਾਲ-ਮੇਲ ਸੇਵਾ (Patient Advice and Liaison Service) ਨਾਲ 0800 015 4334 ਤੇ ਸੰਪਰਕ ਕਰੋ।

Somali

Haddii aad jeclaan lahayd in aad kan ku hesho far waaweyn, farta braille ee dadka indhaha la' ama cajalad dhegeysi ah ama haddii aad jeclaan lahayd in aad dukumeentigan ku hesho luqad kale, fadlan Adeegga Talobixinta iyo Xiriirinta ee Bukaaneleyda (Patient Advice and Liaison Service) kala soo xiriir lambarka 0800 015 4334.

Turkish

Bu belgeyi büyük yazı, braille (kör alfabesi) veya ses kaydı olarak veya başka bir dilde almak istiyorsanız, lütfen 0800 015 4334 no.lu telefondan Hasta Danışmanlık ve İrtibat Hizmetleri ile bağlantıya geçiniz.

Urdu

اگر آپ یہ بری جی پی ٹی، بریل میں یا صوتی ٹیپ پر حاصل کرنا چاہیں یا یہ دستاویز کسی قبول زبان میں چاہیں تو براۓ کرم پیسٹ ایڈوائس لینڈ لائن سروس سے 0800 015 4334 پر رابطہ کریں۔

Vietnamese

Nếu muốn có tài liệu này dưới dạng in chữ cỡ lớn hơn, chữ nổi braille hay bằng ghi âm, hoặc bằng một ngôn ngữ khác, xin quý vị liên hệ bộ phận Dịch vụ Tư vấn và Liên lạc với Bệnh nhân theo số 0800 015 4334.

This information is correct at the time of publishing.
Last Reviewed: August 2024.



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