

Food First

Have you got a poor appetite, are you losing weight or have you lost interest in food?

If the answer is yes to any of these questions, usual 'healthy eating' may not be appropriate for you at this time. This information sheet has been designed to help you whilst you are not eating as well as usual.



Ideas to make your diet as nutritious as possible...



3 x small meals per day as well as 2 to 3 small snacks or milky drinks.



At least 1 x pint of full fat milk each day.



At least 8-10 cups of fluids each day, including 2 milk based nourishing drinks eg milkshake, hot chocolate or milky coffee. Drink after or between your meals to avoid filling up on fluids.



Try to include at least 2 protein servings daily ie meat, fish, poultry, eggs, cheese, beans or lentils.



Choose full fat foods – avoid any that are labelled fat free, light, reduced/low sugar, diet, weight watchers or healthy choice.

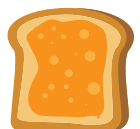


You may find that fruit and vegetables are bulky and filling when you are unwell, don't worry too much if you are eating less of these - try enriching those you do.

Snack ideas

- Cheese and crackers/ cheese on toast
- Thick and creamy yogurts/ custard/rice pudding
- Nuts and seeds
- Peanut butter on toast/ biscuits
- Chocolate/cake/biscuits
- Fruit and cream/ice cream

PREMIUM QUALITY



Continued over...

Ways to enrich your food

Cheese (grated or chunks) Try adding 2 tablespoons to:	Sauce, pasta, soup, scrambled egg, omelette, beans on toast.
Milk powder Try adding 2-3 teaspoons to:	Porridge, mashed potato, sauce, custard, milk and hot drinks, soup, milkshakes or smoothies.
Extra fat Butter, margarine, mayo etc Try adding 1 teaspoon to:	Toast, bread, mashed potato, jacket potato, vegetables, sauces.
Double cream Try adding 1-2 tablespoons to:	Sauces, cereals or porridge, soup, cakes, puddings, fruits, mashed potato.
Sugar, jam, honey Try adding 1 tablespoon to:	Cereals or porridge, puddings, hot drinks, milkshakes or smoothies.
Evaporated milk Try adding 1 tablespoon to:	Fresh, tinned or stewed fruits, puddings, custard, porridge, hot drinks.

Why enrich food?

If you have a poor appetite, problems with eating, or have lost weight recently, it is important that the food and drinks you are having contain as many calories and as much protein as possible.

Enriching your food and drinks can help to improve energy and protein intake without making portions too big to manage.

Quick nourishing drinks

Try not to fill up on tea, coffee, Oxo, Bovril, fizzy drinks, water and clear soup. These have little nutritional value and tend to fill you up. Ideally, have drinks between or after meals. Try the following suggestions.



Fortified milk

1 pint full fat milk
2 - 4 tbsp dried milk powder

Mix milk powder into milk and use instead of ordinary milk.



Milkshake

1 cup of fortified full fat milk
1 tbsp dried milk powder
1 scoop of ice cream
Add fruit or flavouring eg milkshake syrup

Mix together, chill and serve.

If you have diabetes

- continue to limit sugar and sugary foods to help keep good control of your diabetes.
- including more fat in your diet, eating small regular meals and snacks will help to prevent weight loss
- if in doubt, contact your doctor, nurse or dietitian for further advice

Notes

If you have any questions regarding this information please contact the Speech & Language Therapy Team on **0151 604 7271** or email **wchc.salt@nhs.net**

If you would like this information in another format or language, please contact the Your Experience Team on freephone 0800 694 5530. Alternatively you can email **wcnt.yourexp@nhs.net**

January 2023 V4



wchc.nhs.uk



@nhsbuzz



@wchc_nhs