

Food First Advice

Making your food work for you

(Produced by NHS Highland Dietitians)

Food First:

Food is very important to help you maintain your health. It contains essential vitamins and minerals as well as protein to help the body repair itself and recover from illness.

Eating well also helps to maintain weight and to fight infections. However when you feel unwell you may not feel like eating – just when you need food the most!

If you have Diabetes or high Cholesterol - speak with your Dietitian or Doctor before starting.

If you are taking thickened fluids, liquids will need to be thickened to the correct consistency.

Check with your Speech Language Therapist for further information.

Poor Appetite?

- Eat little and often – try eating small frequent meals every 2-3 hours
- Don't skip meals – if you can't manage a meal, try a milky drink instead e.g. milkshake, hot chocolate and a small snack
- Feeling hungry? Make the most of it and eat more when you are feeling hungry e.g. if you are hungry most in the morning, try having a cooked breakfast, or snack if you find you are hungry between meals
- Eat first, drink later. Drinking with meals can make you feel fuller sooner
- Can't be bothered cooking? Choose ready-made oven/microwave meals or tinned foods
- A small glass of alcohol may stimulate your appetite – try having one 30 minutes before your meal (ask your doctor first to ensure it is suitable with any medications you take)
- Get out – fresh air can often help stimulate your appetite. Try going for a brief stroll or simply step outside for a while. Try to eat in a well ventilated room
- If possible try and make meal times a social time

Making the most of your food:

- Aim to have at least one pint of whole milk (blue top) a day – either by itself or in drinks and puddings. To get extra nourishment mix 4 heaped tablespoons of dried milk powder per pint of milk – this is called enriched milk
- Add cheese, cream or butter/margarine to vegetables, sauces, soups, and mashed potatoes
- Add extra sauces and gravies to meat, chicken and fish – eg white sauce, parsley sauce
- Use mayonnaise, salad cream, cheese, egg or avocado in your meals and snacks
- Making puddings, use enriched milk and add extra cream, honey or condensed milk
- Try to have a small glass of fruit juice a day – add extra sugar and dilute with water or lemonade to make a longer drink
- Avoid diet and low calorie products at this time – you can return to these once you are back to normal eating patterns. Try and choose full fat products –eg full fat milk and yoghurt
- Choose your favourite foods often – eating is to be enjoyed!



Snack Suggestions

Making your food work for you

(Produced by NHS Highland Dietitians)

Why do I need to snack between my meals?

- Snacking between meals is very helpful if you have a small appetite as it helps to increase your overall intake of food and nutrients.
- In addition to your normal diet, try to have 2-3 snacks between meals.
- Try and eat small amounts regularly – e.g. breakfast, morning tea, lunch, afternoon tea, dinner and supper.

Regular Options

- Cheese and crackers.
- Dried fruit and nuts.
- Muesli bar or Flapjack.
- Small packet of crisps.
- Sandwich with meat/cheese.
- Piece of fruit.
- Chocolate biscuits.
- Crackers and dip.
- Crumpets with spread.
- Cheese on toast.

Soft Options

- Scrambled eggs.
- Tinned fruit and ice cream.
- White crustless sandwich with creamy filling e.g. egg or tuna mayo/cream cheese/jam/smooth peanut butter.
- Pastry/pie softened with custard/cream.
- Porridge/soggy cereal with milk/double cream.
- Baked beans on toast.
- Soft, moist cake/muffin.
- Scone with clotted cream and jam.

Very Soft and Puree Options

- Yoghurt.
- Custard.
- Chocolate or fruit mousse.
- Milky pudding.
- Mashed banana and custard.
- Creamed Rice.
- Jelly and ice cream.
- Fromage frais.
- Crème caramel.
- Self saucing pudding.

Liquid Options

- Soup with milk/double cream.
- Glass of full fat milk (blue top).
- Glass of enriched milk (make by adding 4 tablespoons milk powder to full fat milk).
- Glass of fruit juice.
- Fruit smoothie (e.g. Innocent, supermarket brand).
- Milkshake.
- Soft drinks or cordial.
- Nourishing drinks (see 'Nourishing Drinks' Leaflet).

Stocking the Cupboard and Fridge

Choose products that are full fat and/or sugar. Avoid diet or low calorie varieties unless otherwise told by your health care team.

- Whole milk/full cream milk (blue top)
- Desserts, mousses, yoghurts, fromage frais, ice-cream and puddings
- Oils, margarines, butter and spreads
- Cheeses, both hard and spreadable
- Mayonnaise, salad dressings, coleslaw, dips etc.
- Cakes, crisps, biscuits – cream, chocolate, cheese
- Nuts and seeds (choose unsalted)
- Drinks - lemonade, cola, cordials (choose diet varieties if you have diabetes)
- Jams, marmalade, lemon curd etc.
- Soups – choose 'cream of' varieties

Nourishing Fluids

Getting more out of your fluids
(Produced by NHS Highland Dietitians)

Nourishing drinks provide you with extra energy and calories as well as fluid to keep you hydrated.

Why do I need nourishing drinks?

- You may have lost weight due to illness.
- You may need extra nourishment.
- You may have a poor appetite and find fluids easier to take.

Many people fill up on drinks such as tea, coffee, Oxo, Bovril, fizzy drinks, broth soups and water when they are feeling unwell. These drinks offer little nutritional value and simply fill you up without providing any nutrition. The following suggestions provide you with an increase in energy and protein along with other essential nutrients.

Banana Smoothie

- 200mls full cream milk (blue top)
- 1 small ripe banana
- 1 scoop ice-cream
- 1 teaspoon sugar

Mash banana, add all ingredients, blend and serve chilled. Further ice cream can be added or try a teaspoon of honey for a sweeter taste.

Malt Honey Milkshake

- 200mls full cream milk (blue top)
- 1 tablespoon honey
- 1 scoop-ice cream
- 1 teaspoon (5g) malted milk powder (e.g. Horlicks) or 1 tablespoon Milo

Blend for 15 seconds.

Yoghurt and Berry Smoothie

- Small pot of greek yoghurt
- Handful of frozen berries
- 1 small banana
- 150mls full cream milk (blue top)

Blend until smooth.

Super shake

- 200mls full cream milk (blue top)
- 3 tablespoons (45ml) double cream
- 1 scoop ice-cream
- 4 teaspoons milk powder
- 2 teaspoons milk shake flavouring (e.g. Nesquick/Crusha)

Blend for 15 seconds, adding more flavouring if you like.

Fruit Blast

- 100mls fresh fruit juice
 - 100mls lemonade
 - 1 scoop ice-cream
 - 1 tablespoon sugar
- Mix together and serve chilled.

Ready Made Drinks

These can be purchased from small stores and the supermarket

- Mars, Mars Extra, Mars Active, Yazoo, Galaxy, Aero, Bounty, flavoured milk
- Smoothies and milkshakes