

# Food Enrichment



Food First is a project aimed  
at those at risk of malnutrition.  
If you have any concerns,  
consult your GP or Dietitian.

 FOOD  
FIRST  
NUTRITION AND DIETETICS

## Are you at risk of malnutrition?

Have you been:

- Eating less than you used to?
- Losing weight unintentionally?
- Recovering from an illness?
- Not feeling like eating?



You could be at risk of malnutrition. Malnutrition affects over three million people in the UK and can be prevented without the need for medication. People suffering from malnutrition may experience:

- Increased risk of infection and slower recovery from illness
- Fatigue and tiredness
- Depression and self-neglect

## Food First

Try using our Food First nutrient dense (e.g. high calorie and high protein) approach to boost your diet and reduce your risk of malnutrition. Then you can return to a normal balanced diet. If you continue to lose weight after a month of using a Food First approach, please contact your GP for further assistance.

*If you have diabetes, raised cholesterol or lipids, please speak to your GP/Health Care Professional before starting a Food First diet.*

**Food fortification** means adding household ingredients to food/drinks to increase the nutritional content, without significantly increasing the portion size, taste or texture.

Follow the plan below to make sure you are getting the most from your diet. Mix and match the food options listed on this leaflet to adapt your existing diet, or be inspired to try something new.

If your appetite is poor, try having small but frequent meals and snacks throughout the day. An over-the-counter “A to Z” multivitamin and mineral supplement can help correct nutrient deficiencies.

### Example Nutrient Dense Diet Plan

9am - Breakfast

11am - Snack and/or smoothie or milky drink

1pm - Main Meal

3pm - Snack and/or smoothie or milky drink

5pm - Light Meal

7pm - Snack and/or smoothie or milky drink



### How to fortify milk

Fortifying milk is an inexpensive and easy way of boosting your calorie intake and can be substituted for regular milk. Skimmed milk powder is widely available and can be purchased from any supermarket.

To make one pint of fortified milk simply mix 4 tbsp (57g) of dried skimmed milk powder to one pint (568ml) of whole milk and stir until dissolved

**Per pint (568mls) = 572 kcals and 39.8g protein**

**One serving (200ml) = 200kcals 14g protein**



Once made, keep refrigerated like regular milk.

## Breakfast Options

- A bowl of porridge or cereal of your choice (not low fat) with fortified milk (see page 3) or a swirl of evaporated milk
- A bowl of tinned or fresh fruit with a tasty topping such as: honey, evaporated milk or full-fat yoghurt
- Cooked breakfast with fried bacon, sausages, or fish with scrambled egg made with spread/ butter/ghee or cream and bread with spread/butter/ghee
- Toast with a generously spread topping of: full-fat spread, butter or ghee and jam, honey, peanut butter, sardines, cheese, chutney, or beans



## Smoothies & Milky Drinks

- Make a smoothie using your favourite mix of fruit or a mango lassi, with cream, yoghurt or fortified milk. You could also try freezing your smoothie or lassi to make tasty ice lollies
- Have milky Horlicks/Ovaltine, hot chocolate, chai or coffee made with warm fortified milk (see page 3).
- Have a tasty milkshake using milkshake powder, (such as Nesquik or supermarket own brand), and fortified milk (see page 3).
- For fruit juice/smoothies, you could add egg powder, coconut powder or almond powder to increase the protein



## Main Meal Options

- Cook meat, fish, poultry or meat substitute in pastry, breadcrumbs or batter
- For stews, meat or vegetable curries, dhal or saag aloo add extra butter/ghee or coconut milk, cream, or vegetable oil
- Try coconut milk with rice, or a chapatti made with fat
- Try eating more eggs, for example in a two egg omelette to increase protein intake or to have as a smaller meal
- Add extra full-fat spread, butter or ghee to vegetables, or add a cheese or white sauce
- Add fortified milk, cream, coconut milk, full-fat butter or extra oil to potatoes, rice or pasta
- Ready meals with more than 500kcal per portion.



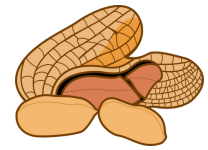
## Light Meal Options

- A soup with 2tbsp skimmed milk powder added and a bread roll with butter/ghee
- Stuffed paratha, pakoras, samosas with mint chutney or yoghurt dip
- Tinned beans or spaghetti with added grated cheese on toast
- Cheese on toast or toasted sandwich
- Tinned fish in sauce or oil, on toast
- Moi moi with pap or custard (made with fortified milk)
- Sandwich with full-fat spread and a tasty filling



## Snacks

- Small bar of chocolate or boiled sweets
- Crisps, pretzels or Twiglets
- Fruit in syrup
- Scone, croissant or crumpet with full fat spread, cheese spread or jam
- Handful of dried nuts or fruit
- Mini sausage rolls, pork pies or scotch eggs
- Cake, pastry, or biscuits
- Greek yoghurt with fruit and/or honey



## Desserts

- Full-fat yoghurt or chocolate mousse
- Tinned fruit in syrup with condensed milk or full-fat yoghurt
- Fruit pie or crumble with ice-cream or cream
- Rice pudding, ras malai or mithaimade made with fortified milk
- Cake or steamed pudding with custard
- Cheese and crackers



## Tips

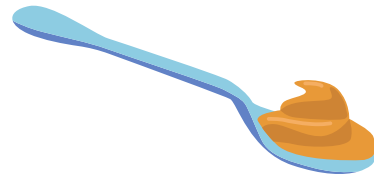
- Avoid products that are 'diet', 'fat-free' or 'low in fat'
- Use mayonnaise in sandwiches and oil on salads
- Use sugar, not artificial sweeteners
- When cooking use oil, butter or ghee
- Have a small snack whenever you have a drink, for example a biscuit with a cup of coffee or chai

## 100 Calorie Boosters

These boosters are approximately 100 calories each and can be added to any appropriate meal or eaten alone. (tbsp = tablespoon tsp = teaspoon)

### Savoury additions:

- Butter - 2 cubes
- Peanut butter - 1 tbsp
- Pesto - 1 heaped tbsp
- Sesame seeds - 2 tbsp



### Sweet additions:

- Chocolate hazelnut spread - 1 tbsp
- Coconut milk - 2tbsp
- Ground almonds - 2 tbsp
- Honey - 2 tbsp



### Savoury snacks:

- Beef jerky - 1 large piece
- Brazil nuts – 5 nuts
- Dolma – 2 pieces
- Falafel - 2 pieces



### Sweet snacks:

- Banana – 1 small
- Malt loaf - 1 slice
- Mathri – 1 biscuit
- Dates - 6 or 2 medjool date



## Oral Hygiene

If you are eating a fortified diet it is important to maintain good oral hygiene. Remember to: brush at least twice a day; use a fluoridated toothpaste; and visit the dentist regularly.

## Swallowing Concerns and Dysphagia

Not all suggestions in this booklet are suitable for those following texture modified diet. If you have any swallowing difficulties, please ensure that you follow the advice of your Speech and Language Therapist. If you have any concerns, please consult your Speech and Language Therapist first.

## Notes:

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For free, confidential health advice and information 24 hours a day, 365 days a year, please contact NHS 111.

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