

## Patient/carer information: Food First – Quick Guide

People who are at risk of malnutrition generally need to eat at least another 500 calories per day (in addition to their current intake) to stop losing weight and/or to help them regain weight.

Increasing your intake by 500 calories per day can seem quite daunting, but it is surprising how easy it can be.

The following are simple suggestions which can help you to increase your intake by 500 calories per day.

The foods suggested will also help increase your intake of other important nutrients including protein and vitamins and minerals.

### In addition to your usual intake, try the following:

<b>• If you like milk and milk products - every day:</b>	<b><u>Total</u></b>	<b><u>582 calories</u></b>
Drink 1 extra glass (200ml) of full fat milk		140 calories
Use fortified milk* (see overleaf) on cereal & in all cups of tea & coffee		110 calories
Eat 2 small snacks in between meals e.g. 1 tub of rice pudding & 1 thick and creamy yogurt		332 calories

<b>• If you don't like or cannot take milk and milk products - every day:</b>	<b><u>Total</u></b>	<b><u>499 calories</u></b>
Drink 1 extra glass (200ml) of fruit smoothie		100 calories
Have 1 extra teaspoon of jam on bread or toast		50 calories
Eat 2 small snacks in between your meals e.g. 1 cereal bar & 1 dessertspoon peanuts		274 calories
At your main meal, fortify vegetables and potatoes with 2 teaspoons margarine		75 calories

<b>• If you have a sweet tooth - every day:</b>	<b><u>Total</u></b>	<b><u>516 calories</u></b>
Drink 1 extra glass (200ml) of fruit juice		80 calories
Eat 2 small snacks in between your meals e.g. 1 chocolate mini roll & 2 cream biscuits		223 calories
Have an extra small pudding after lunch or tea e.g. 1 individual trifle		188 calories
Add 1 extra teaspoon of sugar to your cereal or hot drinks		25 calories

<b>• If you prefer savoury flavours - every day:</b>	<b><u>Total</u></b>	<b><u>571 calories</u></b>
Have 2 small snacks in between your meals e.g. 1 mini pork pie and 1 packet of crisps		251 calories
At your main meal, fortify vegetables and potatoes with 1 tablespoon of grated cheese		40 calories
Drink 1 extra mug (200ml) of instant soup made with hot, fortified milk* instead of water		280 calories

<b>• If you have a very small appetite - every day:</b>	<b><u>Total</u></b>	<b><u>506 calories</u></b>
Drink 1 extra cup (150ml) of hot chocolate (made with fortified milk*)		190 calories
Have 3 very small snacks in between your meals e.g. 2 cocktail sausages, 2 squares of milk chocolate & ½ a tub of custard		191 calories
Fortify custard with 1 teaspoon honey		50 calories
Fortify your main meal with 2 teaspoons butter or margarine		75 calories

<b>Developed by</b>	Adapted from Herts Valley CCG by Ghazala Yousuf, Medicines Optimisation Dietitian
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If you have a small appetite, **fortifying foods** - by adding extra energy (calories), protein and other nutrients to them - can make it easier for you to eat enough every day. Try the following:

Most suitable foods to be fortified	How to fortify <i>Use 1 or more of the suggested fortifier amounts per portion, based on your preferences and how the fortifiers affect the food's flavour.</i>  <i>Try to use the <b>top 2 ingredients in each list</b> (those providing <b>calories and protein</b>) more than the last ingredient in each list (those providing only calories).</i>	Calories added per portion	Protein added per portion
Milk to use in: • all cups of tea/coffee • cereal • hot chocolate, milk as a drink, milkshakes	Add 4 tablespoons dried, skimmed milk powder to each pint of full fat milk	55 per 150ml	5.5g per 150ml
Porridge	Add 1 tablespoon dried, skimmed milk powder per portion and/or	55	5.5g
	Add 1 tablespoon ground almonds per portion and/or	60	2g
	Add 1 teaspoon butter or margarine per portion	37	0
Soup	Add 1 tablespoon dried, skimmed milk powder per portion and/or	55	5.5g
	Add 1 tablespoon ground almonds per portion and/or	60	2g
	Add 1 tablespoon double cream per portion	100	0
Mashed potato	Add 1 tablespoon dried, skimmed milk powder per portion and/or	55	5.5g
	Add 1 tablespoon grated cheese per portion and/or	40	2.5g
	Add 1 teaspoon butter or margarine per portion	37	0
Cooked vegetables	Add 1 tablespoon grated cheese per portion and/or	40	2.5g
	Add 1 tablespoon white sauce per portion and/or	45	1g
	Add 1 teaspoon butter or margarine per portion	37	0
Rice pudding or semolina	Add 1 tablespoon dried, skimmed milk powder per portion and/or	55	5.5g
	Add 1 tablespoon of evaporated milk per portion and/or	25	1g
	Add 1 heaped teaspoon of jam or honey per portion	50	0
Custard	Add 1 tablespoon dried, skimmed milk powder per portion and/or	55	5.5g
	Add 1 dessert spoon condensed milk per portion and/or	55	1.5g
	Add 1 tablespoon double cream per portion	100	0

If you are finding it difficult to eat enough, the following **milkshake recipe** can help to increase your calorie, protein and vitamin and mineral intake:

Make sure you follow the recipe exactly as other milkshake flavourings or hot drink powders won't contain the same vitamins & minerals

### Homemade fortified milkshake/Ovaltine recipe

#### Ingredients

- ½ pint/180ml full fat milk
- 2 generous tablespoons (30g) skimmed milk powder
- 4 heaped teaspoons (20g) vitamin fortified milkshake powder (Nesquik or Tesco Milkshake Mix) **OR** 5 heaped teaspoons (25g) 'Ovaltine Original Add Milk' powder/'Horlicks Malted Food Drink' powder

#### Directions

Mix milk powder & milkshake powder together in a glass.

Gradually mix in milk and stir well.

**1 portion = 220ml**

**Serve 2 portions per day**

Product comparison	Calories per portion	Protein per portion	Cost per portion
Homemade fortified milkshake	305	17g	£0.35
1 sachet Complian + full fat milk	310	12.5	£0.95
1 sachet Meritene + full fat milk	247	16.6	£1.09

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