

Nutrition Care Plan - Medium Risk

Food First Advice

This leaflet is designed to help people with a small appetite or those losing weight, to improve their dietary intake.

Fortify Your Meals

Aim to have three fortified meals a day.

To fortify your meals:

- Add cheese to soups, mashed potatoes, vegetables and pasta dishes
- Use butter or margarine in sandwiches, on potatoes and with crackers or vegetables
- Add cream or evaporated milk to puddings
- Add jam, honey or milk powder to puddings, porridge and breakfast cereals
- Use cooking methods that involve the use of oils or butter e.g. frying and roasting
- Choose full fat / full cream foods with sugar instead of low fat/ sugar varieties.

Fortified Milk

Aim to have 1 pint of Fortified Milk every day

Fortified milk recipe:

- Add 4 tablespoons of dried milk powder to 1 pint full cream milk
- Mix well.

Use fortified milk in place of your usual milk throughout the day e.g. in drinks, on cereals, in sauces and milk puddings.

Nourishing Snacks and Drinks

Aim to have two-three a day

Snacks and drinks between meals will help to boost your nutritional intake.

Snack ideas:

- Sandwiches filled with cold meats, cheese, tinned fish, egg
- Toast with baked beans, cheese, butter and jam or honey
- Crumpets, scones or teacakes with honey, jam, treacle, cheese or butter
- Thick and creamy yoghurt with honey/syrup
- Malt loaf or fruit cake with butter and jam
- Nuts/dried fruit/chocolate/crisps/biscuits
- Soup made with fortified milk, double cream and grated cheese.

Nourishing drink ideas:

- Hot chocolate/milky coffee/malted drinks
- Milkshakes or smoothies (made using fortified milk or full cream milk).

Helpful Tips

- Eat little and often (every 2-3 hours)
- Choose the food you fancy and try to eat in company
- Ready meals or a meal delivery service are a good choice if you struggle to prepare meals
- Gentle exercise or getting some fresh air can help increase your appetite
- Ask for support from friends and family to help with shopping and cooking meals .