

Food First Recipes

Contact dietitian: Telephone no:

A healthy balanced diet can help to keep us feeling well by providing us with the energy and nutrients our body needs. Sometimes when we are unwell or have a poor appetite it can be difficult to meet our body's needs and this can lead to weight loss.

'Food First' advice is useful when you can only manage small amounts of food and drink. By fortifying your meals, snacks and drinks with everyday foods, it helps you to increase the energy and nutrients in your diet without increasing the amount of food you have to eat.

If you think you are losing weight and are lacking the energy and nutrients you need in your diet, try some of these recipes.

Nourishing drinks

Homemade milkshake

Ingredients

- Milkshake powder or syrup such as Nesquik or Crusha (2–4 tbsp)
- Whole milk (200mls)
- Milk powder (1 tbsp)
- Double cream (2 tbsp)

Method

- 1 Combine all the ingredients together with a whisk or in a blender until smooth.
- 2 If you can, add a scoop of ice cream for extra calories and protein.

Approximately
Calories: 450kcal
Protein: 14g
Cost: 49p per serving

Fruit juice

Ingredients

- 3–4 pieces of soft or tinned fruit in syrup such as pears, peaches, kiwi, mango or summer berries
- Fresh fruit juice such as orange or apple juice (200ml)
- Milk powder (2 tbsp)
- Sugar to taste

Method

- 1 Purée the fruit in a blender.
- 2 Add the milk powder and fruit juice and blend until the milk powder has dissolved.
- 3 If seeds from the fruit are a problem, strain the juice before drinking.

Approximately
Calories: 280kcal
Protein: 7g
Cost: 60p per serving

Cream shot

For those who can only manage very small volumes, ideally to be taken three times a day.

Ingredients

- Double cream (40 mls)
- Flavouring such as chocolate, strawberry or caramel syrup for pouring on desserts and ice cream

Method

- 1 Mix the ingredients until just incorporated. Do not overmix as the cream may become too thick to drink.

Approximately
Calories: 250 kcal
Protein: 1 g
Cost: 16p per serving

Nourishing snacks

Fruit fool (serves 3)

Ingredients

- Puréed fruit (300 ml)
- Thick custard (150 ml)
- Milk powder (2 tbsp)
- Evaporated milk (150 ml)
- Honey (1 tbsp)

Method

- 1 Whip the evaporated milk to a thick consistency.
- 2 Add the milk powder and honey to the custard.
- 3 Mix the custard with the fruit purée and mix in the evaporated milk.
- 4 Chill before serving.

Approximately
Calories: 250 kcal
Protein: 9 g
Cost: 27p per serving

Milk jelly (serves 4)

Ingredients

- Jelly (one block)
- Milk powder (27 g)
- Evaporated milk (150 ml)

Method

- 1 Dissolve the jelly in hot water and then leave to cool.
- 2 When cool (but before it is set) whisk in the evaporated milk and milk powder.
- 3 Put in the fridge to set.

Approximately
Calories: 200 kcal
Protein: 9 g
Cost: 23p per serving

