

A Food First Approach:

Making the most of what you eat – MILK FREE

*Are you struggling with a poor appetite? Have you lost weight recently?
If you have answered yes to either of these, then this leaflet could help you.*

If you have been seen by the speech and language therapist and diagnosed with DYSPHAGIA (problems with swallowing) please do not use this leaflet.

Eat Little and Often

Try to have 3 meals each day plus 3 snacks and nourishing drinks between meals. If you cannot eat a full meal, eat a small amount every 2-3 hours eg have 5 - 6 small meals per day

Eat what you fancy and if your appetite is better at certain times of the day, aim to eat more at these times. Cold foods can sometimes be more appetizing than hot foods.

Use convenience foods. Ready meals & puddings can be easier to prepare and are just as nutritious. E.g. vegan macaroni and cheese, Dahl and rice, spaghetti bolognese, chili and rice, biryani, dairy free ravioli, vegetarian meat balls, vegan lasagne, sweet potato katsu curry, paella,

If you find softer options easier add extra sauces or gravy to your meals.

Choose foods and drinks that are 'nourishing' i.e. high in calories and protein such as 'nut or soya milk, plant based yoghurts or plant-based cheese. Avoid foods labelled 'diet', 'reduced/low fat', 'healthy eating' or 'sugar free'.

Drinking during meals may make you feel full so try and wait until after you have finished eating to have a drink.

Nutritious Drink Recipes

Take Nutritious Drinks between Meals

Aim to drink 6 to 8 cups of fluid each day. Whilst fluids such as water and squash are hydrating, they are not high in calories and may make you full. Include at least two nourishing drinks each day.

Nutritious drinks (usually made with plant or nut milk) give you extra calories and protein too.

Full fat soya milk (children's varieties such as Alpro soya +1 are especially high in calories), Oat or rice milk. Avoid 'light or unsweetened varieties.

Salted CARAMEL Shake

3 dates
1 banana
1 tin coconut milk (400mls)
2 dessert spoons / 40g peanut butter
Pinch salt

Method

Blend all the ingredients together. This makes 2 glasses. Store in the fridge.

For a nutritious breakfast drink – Add soaked oats or Weetabix and Banana to the above and blend



Think, Food First!

Enrich your Food and Drink

Adding small amounts of high calorie foods to your normal food and drink will help boost the nutritional content without increasing the portion size. This is known as **food fortification**.

Food fortification ideas:

- **Add soya or plant-based cream** to porridge, sauces, soups, potato (boiled, mashed or jacket), puddings, fruit (fresh, tinned or stewed), hot dairy free milky drinks, smoothies and dairy free milkshakes
- **Add dairy free / plant-based butter and/or plant-based cheese** to potato (boiled, mashed or jacket), pasta, crackers, crumpets, sandwiches, toast, soups, sauces and vegetables
- **Add olive, vegetable or sunflower oil** to pasta and salad dressings, use it for frying foods
- **Add full fat vegan mayonnaise** to potato (boiled, mashed or jacket) or sandwiches
- **Add honey, sugar, jam, golden syrup, maple syrup, gur, jaggery or molasses** to porridge, cereals, drinks, dairy free: desserts, custard or yoghurts

Other foods you can add include: vegan mayonnaise, coconut cream, dried fruit, stewed fruit, dairy free creamy sauces, dairy free ice cream, jam, golden syrup, lotus biscuits, milk free chocolate spread, avocado, peanut/almond or other nut butters

Savoury Snack Ideas

- Plant based cheese and biscuits
- Nuts, peanut butter or other nut butters (*if not allergic*)
- Crisps, nachos, Bombay mix
- Vegan Savoury scone with dairy free spread
- Avocado with soya cheese
- Oat biscuits with meat or pate
- Omelette, boiled, poached, fried egg
- Baked beans on toast
- Avocado, houmous or dips with bread, toast or pitta bread
- Wraps with coronation chicken or egg/tuna vegan mayonnaise
- Thick soup with added croutons or bread and dairy free spread
- Vegan Croissant with ham and dairy free cheese
- Trail mix

Sweet Snack Ideas

- Full fat soya or dairy free yoghurt
- Jelly and dairy free ice cream
- Vegan toasted teacake with dairy free spread butter and jam
- Biscuits
- Muesli or cereal style bars
- Vegan malt loaf, cake iced bun
- Soya dessert
- Muesli bars
- Dairy free custard
- Dried fruit - plain or coated
- Sweets
- Dairy free or plain chocolates
- Mashed banana with peanut butter
- Bowl of cereal with sweetened soya milk, oat or rice milk
- Crumpet or potato cake with dairy free spread and jam/ honey

Try to have 3 meals, 3 snacks, nourishing drinks between meals and enrich your food.

Leaflet given out by _____

Contact number: _____

Think, Food First!