

Food First Advice

Making your food work for you

Food First:

Food is very important to help you maintain your health. It contains essential vitamins and minerals as well as protein to help the body repair itself and recover from illness.

Eating well also helps to maintain weight and to fight infections. However when you feel unwell you may not feel like eating – just when you need food the most!

*If you have Diabetes or high Cholesterol - speak with your Dietitian or Doctor before starting.
If you are taking thickened fluids, liquids will need to be thickened to the correct consistency.
Check with your Speech Language Therapist for further information.*

Poor Appetite?

- Eat little and often – try eating small frequent meals every 2-3 hours
- Don't skip meals – if you can't manage a meal, try a milky drink instead e.g. milkshake, hot chocolate and a small snack
- Feeling hungry? Make the most of it and eat more when you are feeling hungry e.g. if you are hungry most in the morning, try having a cooked breakfast, or snack if you find you are hungry between meals
- Eat first, drink later. Drinking with meals can make you feel fuller sooner
- Can't be bothered cooking? Choose ready-made oven/microwave meals or tinned foods
- A small glass of alcohol may stimulate your appetite – try having one 30 minutes before your meal (ask your doctor first to ensure it is suitable with any medications you take)
- Get out – fresh air can often help stimulate your appetite. Try going for a brief stroll or simply step outside for a while. Try to eat in a well ventilated room
- If possible try and make meal times a social time

Making the most of your food:

- Aim to have at least one pint of whole milk (blue top) a day – either by itself or in drinks and puddings. To get extra nourishment mix 4 heaped tablespoons of dried milk powder per pint of milk – this is called enriched milk
- Add cheese, cream or butter/margarine to vegetables, sauces, soups, and mashed potatoes
- Add extra sauces and gravies to meat, chicken and fish – eg white sauce, parsley sauce
- Use mayonnaise, salad cream, cheese, egg or avocado in your meals and snacks
- Making puddings, use enriched milk and add extra cream, honey or condensed milk
- Try to have a small glass of fruit juice a day – add extra sugar and dilute with water or lemonade to make a longer drink
- Avoid diet and low calorie products at this time – you can return to these once you are back to normal eating patterns. Try and choose full fat products –eg full fat milk and yoghurt
- Choose your favourite foods often – eating is to be enjoyed!

