



Food First Eating to Feel Better

This leaflet gives you ideas on how to improve your food intake by making some changes to what you eat and drink.

Remember, eating more can make your appetite better.

Drinking before meals can fill you up - drinking after meals is often best.

You may find it easier to gain extra nourishment by eating smaller amounts more often.

You can also add extra nourishment into meals and snacks by adding foods such as butter, cheese, cream and sauces.



Breakfast

Porridge or cereal with full-fat milk
Toast with butter, peanut butter or jam
Full-fat yogurts with fruit
Pancakes or pastries



Small meals/Lunch

Sandwich with egg, cheese or tuna mayonnaise
Sausage roll, quiche or samosas
Toast with scrambled egg or omelette
Noodles or stir-fry with chicken or beef



Main Meals

Casseroles, stews or curries with potatoes or rice
Spaghetti Bolognese or lasagne
Macaroni cheese or cauliflower cheese
Jacket potato with beans, cheese or coleslaw



Soup and Puddings

Soups with buttered roll
Ice cream with fruit, pots of custard, rice pudding or trifle
Cheesecakes or cakes



Snacks

Scone with cream and jam
Nuts or olives
Chocolate or plain biscuits
Crisps with dip or breadsticks with hummus



Drinks

Aim for 6-8 cups per day
Tea or coffee with full-fat milk
Fruit juice, full-fat milk, smoothies or milkshakes

Homemade Milkshake Recipe:

- 200ml full-fat milk, 4-5 teaspoons milkshake powder and 6 teaspoons dried milk powder
- Put milkshake powder and dried milk powder into a glass, adding milk gradually, stir well and serve