




# Food first: Advice for improving your child's **nutrition**

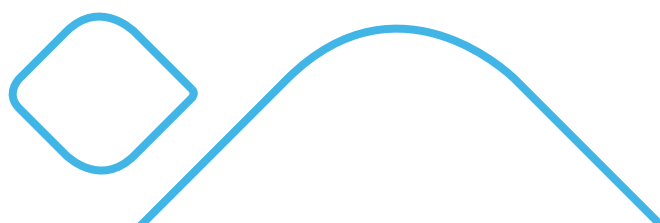
Food first is an approach to treating poor dietary intake through the use of everyday nourishing foods and nourishing snacks.

## Advice for improving nutrition

### Food Fortification

Try simple ways to increase the energy and protein content of meals.

<p><b>Oil, butter and margarine</b></p> 	<ul style="list-style-type: none"> <li>• Add butter or full fat spread to potatoes and vegetables.</li> <li>• Drizzle olive oil on pasta.</li> <li>• Oven roast potatoes and vegetables in oil.</li> <li>• Thickly spread butter or full fat spread on bread and toast.</li> </ul>
<p><b>Cheese</b></p> 	<ul style="list-style-type: none"> <li>• Grate cheese and sprinkle on top of meals, e.g. beans on toast, spaghetti bolognese, soup, casseroles.</li> <li>• Include in sandwiches, e.g. ham and cheese, cheese salad, cheese and tuna mayonnaise.</li> <li>• Add to mashed potatoes.</li> </ul>
<p><b>Mayonnaise, salad cream and dressings</b></p> 	<ul style="list-style-type: none"> <li>• Include in sandwiches, e.g. tuna mayonnaise or chicken mayonnaise.</li> <li>• Add to salads.</li> <li>• Put on chips or baked potatoes.</li> <li>• Have coleslaw, or other mayonnaise dressed salads as a portion of vegetables.</li> </ul>



**Milk, Cream, coconut cream, full fat/Greek yoghurt and Ice cream**



- Add to soups.
- Make custard and milk based pudding with  $\frac{1}{3}$  cream and  $\frac{2}{3}$  milk.
- Mash milk or cream into potatoes.
- Make cream based sauces for pasta.
- Drizzle cream on top of desserts or add to yogurts
- Serve evaporated or condensed milk with fruit or jelly
- Add to hot drinks, e.g. coffee, hot chocolate
- Add Greek yoghurt to smoothies or have as snack

**Sauces, lentils, pearl barley and mini pasta shapes**



- Add to lentils, pearl barley or mini pasta shapes to soup, casseroles or stews
- Sauces are useful to make meals more palatable and nourishing. Try making milky or creamy sauces with fortified milk and flavour with cheese, mushrooms or herbs and serve with pasta, potato, vegetables, meat and fish.

**Nuts, dried fruit**

- Add chopped nuts or dried fruit to hot puddings, cold desserts, cereals or porridge

## **FORTIFIED MILK**

- Make fortified milk by adding 5 heaped tablespoons of milk powder to 1 pint (500ml) of whole milk (full cream or full fat).
- Use fortified milk to make milkshakes, hot milky drinks, milk puddings, custard and to add it to cereal.
- This can add 200-300 extra calories per pint.

Consider using Arla Big Milk enriched with vitamin D, vitamin A, Calcium and Iron to improve micronutrients intake

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## Nourishing drinks

### **Hot Chocolate**

450 calories per serving

- 150ml whole milk
- 2 heaped teaspoons milk powder
- 1 tablespoon hot chocolate powder
- 2 tablespoons cream

### **Malted Drink**

450 calories per serving (approximately)

- 150ml whole milk
- 1 heaped tablespoon milk powder
- 1 tablespoon malted drink powder
- 2 tablespoons cream

### **Milkshake**

300 calories per serving

- 200ml whole milk
- 2 heaped tablespoons milk powder
- 1 tablespoon milkshake syrup or powder

### **Fruit Smoothie**

400 calories per serving

- Blended fruit (e.g. 1 banana and a handful of strawberries)
- 200ml whole milk
- 2 tablespoons milk powder
- Scoop of ice cream or 2 tablespoons of yoghurt (full fat/Greek)

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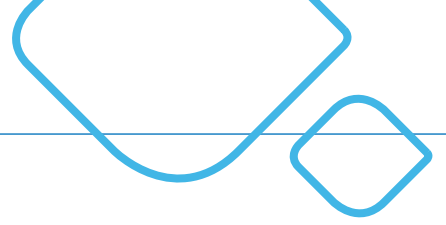
## Nourishing Snacks

### Sweet Options

- Milky puddings (rice pudding, tapioca, custard, mousse).
- Yoghurt (not low fat), individual trifle or mousse.
- Breakfast cereal (with fortified milk) or cereal bars.
- Tea cake, tea bread, malt loaf with butter/spread and jam or scone with jam and cream.
- Dried fruit or fruit and nut mix.
- Croissants and waffles.
- Chocolate, biscuits, cakes, pastries.

### Savoury Options

- Cheese, pate or hummus with crackers, bread sticks or biscuits.
- Cheese with pineapple or sliced apple.
- Crisps, nuts, Bombay mix.
- Pork pie, sausage roll, scotch eggs, cocktail sausages, slices of pizza or quiche.
- Pasties and samosas.
- Toast, crumpets or muffins with butter or spread.
- Peanut butter on toast, cheese on toast, beans on toast.
- Ham or cheese sandwiches,



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## **Meal ideas**

### **Breakfast**

- Porridge with whole or fortified milk and cream. Add peanut butter and honey/jam.
- Swiss style, or crunchy muesli cereals or granola with yoghurt (not low fat) and fresh fruit.
- Croissant, waffles, crumpet, bread or toast with butter or spread and jam, chocolate spread, marmalade, peanut butter or cheese spread.
- Cooked breakfast with egg (e.g. fried or scrambled with whole or fortified milk and butter), bacon or sausage (preferably fried) with buttered toast or fried bread.
- Smoothie made with whole milk, full fat yoghurt, frozen fruit, oats, seeds, peanut butter and honey/jam.

### **Light meals**

- Nourishing soup, homemade "cream of" or "Big Soup" style. Add extra cream, cheese, meat or lentils. Serve with buttered bread or crumpet.
- Ham, salami, corned beef, cheese, cream cheese and pineapple, egg or tinned fish sandwiches. Use butter or full fat spread and add full fat mayonnaise or dressing. Try toasted sandwiches for an alternative.
- Fried beef burger, sausage or fish fingers in a buttered bread roll.
- Toast with baked beans and grated cheese, scrambled egg, pilchards, sardines, cheese and Marmite, banana or peanut butter.
- Jacket potatoes with tuna and mayonnaise; baked beans and cheese; chilli-con-carne; chopped bacon or ham with cheese.
- Omelet with coleslaw and French bread.
- Quiche made with cream, whole or fortified milk and served with potato salad.
- Cauliflower or macaroni cheese made with whole or fortified milk and served with pitta bread.
- Pizza topped with extra cheese or bacon.
- Scotch egg, pork pie or sausage roll with baked beans.

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## Main meals

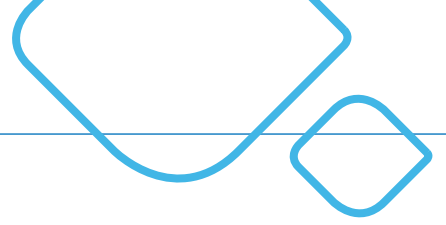
- Spaghetti bolognaise - fry minced meat, toss spaghetti in butter and add grated parmesan cheese on top.
- Shepherd's Pie - add cream, whole or fortified milk, butter or cheese to the potato. Instant potato is a useful and quick alternative to fresh mash.
- Fisherman's Pie - add a creamy cheese sauce to the fish and fortify potato as for shepherd's pie.
- Roast Chicken with condensed mushroom soup sauce or white sauce served with rice.
- Tinned salmon with parsley sauce and mashed potato.
- Lasagne or pre-packed pasta dish, topped with grated cheese.
- Toad in the Hole.
- Meat or fish curry – add coconut milk or cream and serve with deep fried Puris or Paratha.

Serve these meals with vegetables or salad and, where appropriate, chips, potato, pasta, or rice.

## Desserts

- Yoghurt – Thick and Creamy or Greek (not low fat).
- Fromage frais.
- Ice cream with tinned fruit.
- Blancmange, Instant Whip or Angel Delight made with whole milk.
- Jelly made with condensed or evaporated milk.
- Tinned or homemade milk puddings (rice, sago, tapioca).
- Bananas and custard.
- Pies, tarts and crumbles served with custard or cream.
- Sponge puddings served with custard or cream.

Desserts should be made with whole or fortified milk



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## **Food safety**

Food safety is important to prevent infections from contaminated food and even more important when you are unwell.

- Always wash your hands before cooking or handling food. Dry them on a clean towel.
- Some foods can be cooked from frozen. Other foods, such as meat, must be thawed thoroughly before cooking. Thaw in a refrigerator and follow packet instructions.
- Keep meat, fish and poultry away from other foods to prevent contamination. Wash chopping boards and utensils carefully – especially after using them for raw foods.
- Wash fruit and vegetables thoroughly before use.
- Allow hot foods to cool before putting in fridge or freezer.
- Use plastic containers/tubs or cover food to store in the fridge. Do not leave food in cans.
- Only keep leftover food for 2 days in the fridge and not beyond the ‘use-by date’.
- Do not let rubbish build up in the kitchen or kitchen bin.
- Keep pets away from food and work surfaces in the kitchen.

Contact details:

### **Nutrition and Dietetic Services**

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