

How to Gain a Pound-a-week



Choosing foods that are high in calories will help stabilise unintentional weight loss and long term help you gain up to 0.5kg (1lb) per week.

Food First is a project aimed at those at risk of malnutrition. If you have any concerns, consult your GP or Dietitian.

**FOOD
FIRST** 
NUTRITION AND DIETETICS

Are you at risk of malnutrition?

Have you been:

- Eating less than you used to?
- Losing weight unintentionally?
- Recovering from an illness?
- Not feeling like eating?

You could be at risk of malnutrition. Malnutrition affects over three million people in the UK and can be prevented without the need for medication.



People suffering from malnutrition may experience:

- Increased risk of infection and slower recovery from illness
- Fatigue and tiredness
- Depression and self-neglect

Food First

Try using our Food First high-calorie approach to boost your diet and reduce your risk of malnutrition. Then you can return to a normal balanced diet.

If you have diabetes, raised cholesterol or lipids, please speak to your GP before starting a Food First diet.

If you continue to lose weight after a month of using a Food First diet, please contact your GP for further assistance.

Follow the plan below to make sure you are getting the most from your diet. Mix and match the food options listed on this leaflet to adapt your existing diet, or be inspired to try something new.

High Calorie Diet Plan

- Breakfast
- Snack, smoothie or a milky drink
- Main Meal
- Snack, smoothie or a milky drink
- Light Meal
- Snack, smoothie or a milky drink

Breakfast Options

- A bowl of porridge or cereal of your choice (not low fat) with: fortified milk (see back page) or a swirl of evaporated milk.
- A bowl of tinned or fresh fruit with a tasty topping such as: honey; evaporated milk or creamy yoghurt.
- Toast with a generously spread topping of: full fat spread or butter; jam; honey; peanut butter or lemon curd.
- Cooked breakfast with fried bacon, sausages, scrambled egg with butter or cream and a serving of bread with butter or margarine.



Smoothies & Milky Drinks

- Make a smoothie using your favourite mix of fruit with cream, yoghurt or fortified milk. You could try freezing your smoothie to make tasty ice lollies.
- Milky Horlicks, Hot chocolate or coffee made with warm fortified milk (see next page).
- A tasty milkshake using milkshake powder, such as Nesquick, and fortified milk (see next page).



Main Meal Options

- Cook meat, fish, poultry or meat substitute in pastry, breadcrumbs or batter.
- Add cream, butter or cheese to any dish, such as curry, lasagne or mashed potato.
- Try eating more eggs, for example in a two egg omelette.
- Add extra full fat spread to vegetables, or add a cheese or white sauce.
- Add fortified milk, cream, full fat butter or extra oil to potatoes, rice or pasta.
- Ready meals with more than 500kcal per portion.



Light Meal Options

- A tin of condensed soup made with fortified milk
- Cornish pasty
- Tinned beans or spaghetti with added cheese
- Cheese on toast or toasted sandwich
- Tinned fish in sauce or oil on toast
- Pasta bake with cheese and tuna
- Sandwich with full fat spread and a tasty filling



Desserts

- Full fat yoghurt or chocolate mousse
- Tinned fruit in syrup with condensed milk or full fat yoghurt
- Fruit pie or crumble with ice cream or cream
- Cake or steamed pudding with custard
- Cheese and crackers



Tips

- Avoid products that are 'diet', 'fat free' or 'low in fat'
- Use mayonnaise in sandwiches and on salads
- Use sugar, not artificial sweeteners
- When cooking use oil or butter
- Have a small snack whenever you have a drink, for example a biscuit with a coffee

How to fortify milk

Fortifying milk is an inexpensive and easy way of boosting your calorie intake and can be substituted for regular milk. Skimmed milk powder is widely available and can be purchased from any supermarket.

To make one pint of fortified milk simply mix 2 - 4 tbsp of dried skimmed milk powder to one pint of full fat milk and stir until dissolved (or follow instructions on the packet). Once made, keep refrigerated like regular milk.



Snacks

- Small bar of chocolate or boiled sweets
- Crisps, pretzels or Twiglets
- Fruit in syrup
- Scone, croissant or crumpet with full fat spread, cheese spread or jam
- Handful of dried nuts or fruit
- Mini sausage rolls, pork pies or scotch eggs
- Cake, pastry or biscuits



100 Calorie Boosters

These boosters are approximately 100 calories each and can be added to any appropriate meal or eaten alone.
(tbsp = tablespoon tsp = teaspoon)

Savoury Toppings

- Medium spread peanut butter (16g)
- 1 level tbsp mayonnaise (15g)
- 2 tbsp hummus (50g)
- 1 heaped tbsp pesto (20g)

Sweet Toppings

- 1 heaped tbsp sugar (25g)
- 2 heaped tsp honey (35g)
- 2 heaped tsp golden syrup (35g)
- 2 heaped tsp lemon curd (35g)

Fruit & Nuts

- A small handful of peanuts (30g)
- 5 brazil nuts (15g)
- 2 dried apricots (50g)
- 2-3 dates (40g)
- 1 heaped tbsp sultanas (35g)

Dairy

- 3¼ tbsp skimmed milk powder (30g)
- 150ml full fat milk (blue top)
- 30ml condensed milk
- 30ml coconut cream
- 1 medium slice of cheddar cheese

Snacks

- 2 digestive biscuits
- 5 jelly babies
- ½ a Crunchie
- 1 Fudge bar
- 1 bag of crisps



If you are eating a fortified diet it is important to maintain good oral hygiene. Remember to: brush at least twice a day; use a fluoridated toothpaste; and visit the dentist regularly.

Patient Experience Team

If you have any compliments about this services or suggestions for improvements, contact our Patient Advice and Liasion Service on 0300 031 1000 (charges may apply depending on your network) or email: ccs-tr.pals@nhs.net.

For free, confidential health advice and information 24 hours a day, 365 days a year, please contact NHS 111.

Bedfordshire adult and children's community health services are provided in partnership by East London NHS Foundation Trust (ELFT) and Cambridgeshire Community Services (CCS) NHS Trust.



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