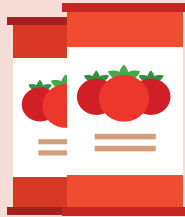
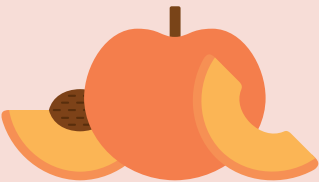


# Food First Recipes



Recipes to help you to boost your appetite and gain weight

## Food First

The 'Food First' approach is designed to provide extra nourishment for those who are at risk of undernutrition. That is those who have lost weight without meaning to, or have a low body weight. The 'Food First' approach recommends a daily consumption of:

- One pint of fortified milk or a nourishing drink
- Two nourishing snacks
- Three fortified meals

Losing weight, having a reduced appetite (under nutrition) or being dehydrated are not part of ageing and should not be dismissed simply as 'old age' as they can make you ill. If after 12 weeks of trying some of the suggestions in this booklet you are still concerned or losing weight or if you have sudden weight loss please contact your GP.

If you have a medical condition that requires a special diet for example diabetes, coeliac disease, kidney or liver disease or inflammatory bowel disease ask for more tailored individual advice from your GP and to be referred to a Dietitian.

These recipes and this advice is intended to be used in conjunction with the Eat, Drink and Live Well booklet which can be downloaded from [www.ageuk.org.uk/salford/about-us/improving-nutrition-and-hydration](http://www.ageuk.org.uk/salford/about-us/improving-nutrition-and-hydration) or to request a copy in the post, call **0161 788 7300**.

## Fortified Milk

### Ingredients:

- 1 pint full fat milk
- 4 tablespoons milk powder

### Method:

Whisk ingredients together with a fork. Use at least 1 pint daily for drinks such as tea, coffee, hot chocolate, milk shakes or simply a glass of milk. You could also use it on cereals, sauces and add to soups and milky puddings.



## Strawberries and Cream Porridge

### Ingredients:

- ½ cup porridge oats
- ½ cup double cream
- ½ cup whole fortified milk
- 1 handful chopped berries (strawberries, raspberries, blueberries, blackberries)
- ¼ cup seeds such as sunflower, pumpkin or mixed seeds to sprinkle (optional)

### Method:

Put all of the ingredients, apart from the strawberries, into a saucepan and bring to a gentle boil over a medium heat, stirring often. When it reaches the boil reduce to a simmer for a few minutes until the texture is to the desired thickness. Alternately, the mixture can be cooked in a microwave for about 1 minute, 30 seconds. Add the strawberries and seeds to the pan for another 30 seconds or the microwave for 10 seconds. Remove from the heat and enjoy!

## Fortified Soup

### Ingredients:

- 300ml tinned soup
- 3 tablespoons of whole milk
- 3 tablespoons milk powder

### Method:

Mix the milk powder with a little milk to form a smooth paste. Heat the soup but do not boil, and slowly stir in the paste. Serve hot.





## Velvety Pea Soup

### Ingredients:

- 2 cups of frozen peas
- 2 cups of stock or 2 cups of water with 1 reduced salt stock cube
- 240ml/1 cup of single cream
- Pepper and/or herbs/spices to season

### Method:

Put the stock and peas in a pan, bring to the boil and simmer for 2-3 minutes. Gradually add the cream and blitz with a blender. Add pepper and herbs or spice of your choice. Mint goes well with pea soup.

## Fortified Mashed Potatoes

### Method:

Add 1 tablespoon grated full fat cheese and 2 teaspoons of butter/margarine to one scoop of mashed potato (already mashed in the kitchen with whole milk, double cream and butter/margarine). Mash together with a fork.

Why not try these mashed potatoes with breaded fish or chicken, fishcakes or Swedish style meatballs.



## Chocolate Mousse

### Ingredients: (makes two servings)

- 1 sachet instant chocolate dessert
- 4 tablespoons milk powder
- 150ml double cream 150ml whole milk

### Method:

Whisk all the ingredients together with a fork or whisk until thickened.



## Fortified Custard or Rice Pudding

(Can be eaten hot or cold)

### Method:

Add 1 tablespoon milk powder and 2 tablespoons double cream to ½ can custard or rice pudding. Whisk together with a fork. Heating can be done on the hob or in the microwave to the desired temperature. You can top the puddings with your favourite fruit, a sprinkle of cinnamon or have it with your favourite pie.

## Better Jelly and Fruits

### Method:

Add 2 tablespoons double cream, fortified custard/rice pudding, ice cream or thick and creamy yogurt to fruit and jellies.



## Peanut Butter and Banana Toast



### Ingredients:

- 2 slices bread
- 1 medium banana mashed or sliced
- 1 tablespoon peanut butter
- 1 tablespoon honey

### Method:

Butter two slices of bread. Spread one slice with peanut butter and honey, top with mashed or sliced banana and sandwich with the other slice of bread. You can shave some chocolate on the top if you wish.



## Cheesy Beans on Toast

### Ingredients:

- 2 slices of bread
- Match box size piece of cheddar cheese, grated
- ½ tin baked beans in tomato sauce
- A few drops Worcester sauce to taste (optional)

### Method:

Heat the beans and Worcester sauce in a pan but do not boil. Lightly toast the bread. Divide the beans between the two slices of bread, cover each slice with the cheese and place under a grill until the cheese is melted and bubbly.



## Luxury Hot Chocolate

### Ingredients:

- 150ml full fat milk mixed with 1 tablespoon milk powder
- 2 tablespoons double cream
- 3 teaspoons hot chocolate powder or malted drink powder

### Method:

Heat the milk and milk powder in a pan or in the microwave. Add the double cream, hot chocolate powder or malted drink powder. Mix all the ingredients together with a fork or a whisk.



## Extra Creamy Milkshake

### Ingredients:

- 4 teaspoons chocolate milkshake powder or strawberry milkshake powder
- 2 teaspoons milk powder
- 200ml whole milk
- 1 scoop vanilla ice cream

### Method:

Blend or mix together all the ingredients except the ice cream. Mix thoroughly with a fork or whisk until completely blended. Add the ice cream.

## Refreshing Iced Coffee

### Ingredients:

- 2 teaspoons instant coffee powder
- 150ml fortified milk
- 1 pot crème caramel
- 1 scoop vanilla ice cream
- Ice cubes

### Method:


Dissolve 2 teaspoons of instant coffee powder in 150ml fortified milk. Mix in 1 pot of crème caramel and a scoop of vanilla ice cream. Liquidise or sieve until smooth. Pour over ice.



**Remember to have 6-8 drinks per day to make sure you are staying well hydrated, this will help with your overall health.**




Aim for 6–8 drinks per day, unless advised otherwise by your GP



Choose drinks that you like and are likely to finish

Drink more in the morning if you worry about getting up at night



Do not wait until you feel thirsty to have a drink



For more information and resources, visit [www.ageuk.org.uk/salford/about-us/improving-nutrition-and-hydration](http://www.ageuk.org.uk/salford/about-us/improving-nutrition-and-hydration)

Some specific resources are available and can be accessed online (via the websites below) or sent through the post. If you would like any of this information to be sent through the post please contact your local Age UK or Age UK Salford on **0161 788 7300**.

- Eat, Drink, Live well booklet – tips for people who have a poor appetite or have lost weight without meaning to
- Meal and snack ideas from a range of cultures
- Staple cupboard recipes

These 3 documents are available at: [www.ageuk.org.uk/salford/about-us/improving-nutrition-and-hydration/our-resources](http://www.ageuk.org.uk/salford/about-us/improving-nutrition-and-hydration/our-resources)

Eating and Drinking Well with Dementia: A guide for family carers and friends: [www.bournemouth.ac.uk/research/centres-institutes/ageing-dementia-research-centre/eating-drinking-well-dementia-toolkit](http://www.bournemouth.ac.uk/research/centres-institutes/ageing-dementia-research-centre/eating-drinking-well-dementia-toolkit)

Recipes and tips for older vegetarians and vegans: [vegetarianforlife.org.uk](http://vegetarianforlife.org.uk)