



## Food-based treatment

This leaflet gives you advice on how to better your diet if you are underweight or at risk of malnutrition.

A balanced diet should provide a variety of foods from different food groups daily:

- **Starchy carbohydrate** (including bread, pasta, rice, cereals, potatoes)
- **Protein** (including meat, fish, eggs, nuts, beans/lentils, Quorn, soya)
- **Milk and milk containing foods** (including yogurt, fromage frais, cheese)
- **Fruit and vegetables**

- If you suffer from a reduced appetite – try eating little and often. Aim for 3 small, nutritious meals with 2-3 nourishing snacks between meals.
- Choose full fat products rather than diet/low fat products as these provide more calories. **If you have diabetes, continue to choose sugar free drinks, and avoid adding extra sugar to food and drinks.**

### Food-based treatment in practice:

Use fortified milk as a base:

#### **Fortified milk recipe:**

Add 2-4 heaped tablespoons of dried skimmed milk powder to 1 pint of whole (blue top milk and mix well. (e.g., Marvel™ or supermarket's own brands).

Keep in fridge and use for cereal, porridge, drinks and in cooking such as sauces, soups, casseroles, stews, potato mash, desserts, custard, jellies etc.

**N.B:** If you do not use dairy products, you can use soya milk fortified with soya milk powder.

Aim to increase calories by 500-1000 calories per day:

#### **What this means in practice:**

- 1 to 2 nourishing snacks
- 1 to 2 nourishing drinks
- 2 to 3 tablespoons nutrient dense and ingredients high in calories added to food and drinks.

Please see below table, for examples.

**N.B: Nutrient dense ingredients are higher in protein. Important if you have suffered muscle loss.**

The following list are examples of nutrient dense and high calorie ingredients that you can add to your food to optimise its nutritional content:

<b>Ingredients:</b>	<b>Ways to use – not exhaustive. Please be inventive.</b>
Skimmed milk powder	Add to cereal, porridge, mash, soups, sauces, casseroles.

Egg	Eat boiled, scrambled, poached, fried.
Cheese – grated or soft	Add to mash, bread, crackers. Grate onto foods.
Greek yoghurt	Eat with fruit & honey, add in porridge, dahls, curry.
Ground almonds	In stews, dhals, casseroles, curries, soups.
Nut butters	In stews, dhals, casseroles, curries, soups.
Pea & Soy Protein powder	In soups, casseroles, stews, dhals. Useful if vegan.
<b>High calorie ingredients:</b> Oils, butter, ghee, cream, evaporated cream	Add to pasta, potatoes, sauces, in salad dressings, curries, porridge, soups, sauces, stewed/canned fruit, custard, rice pudding.
Sugar, honey, or syrup <b>Can enhance flavour.</b> <b>(Not suitable if diabetic)</b>	Cereals, drinks, desserts, on bread.

Example of food fortification, using common ingredients with total calories and protein added:

Food	Additions	Kcal and protein added
Mashed potatoes (60g portion)	Add 1 teaspoons butter, 2 teaspoons dried skimmed milk powder and 1 teaspoon double cream	<b>108 kcal</b> <b>2.4g protein</b>
Porridge (150g portion made with whole milk)	Add 2 teaspoons dried milk powder, 2 teaspoons double cream, 1 teaspoons sugar	<b>140 kcal</b> <b>1.5g protein</b>
White Sauce (30g portion made with whole milk)	Add 1 teaspoons double cream, 2 teaspoons dried skimmed milk powder and 10g cheese	<b>112 kcal</b> <b>4.9g protein</b>
Scrambled eggs with whole milk (120g)	1 teaspoons butter, 1 teaspoon double cream and 10g cheddar cheese	<b>129 kcal</b> <b>3.8g protein</b>
Custard (150g made with whole milk)	Add 2 teaspoons dried milk powder and 2 teaspoons double cream	<b>120 kcal</b> <b>2.6g protein</b>
<b>Total across the day if all examples or similar consumed</b>		<b>600 calories</b> <b>15 grams protein</b>

If you have **swallowing difficulties**, ask your GP to refer you to a Speech and Language Therapist for further advice regarding the types of food textures that are suitable for you.

If you use thickened fluids do so under direction of a **Speech & Language Therapist**.

If you have diabetes or high cholesterol, ask your GP to refer you to a **Dietitian**.

For healthy eating advice please refer to the Eat Well Guide by visiting NHS website - <https://www.nhs.uk/live-well/eat-well/food-guidelines-and-food-labels/the-eatwell-guide/>

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