

## Food-based Nutrition Support: Top Tips

When someone is not eating well / losing weight it can be helpful to have a more 'nutrient dense' diet. This means using food and drinks with a number of nutrients such as calories, protein, vitamins and minerals. The aim is to have an extra 500 calories per day, using food items, nourishing drinks and snacks. This is called a 'food-based' approach.

Eating and drinking an **extra 500 calories** across the day can seem a lot, but it only means making 3 to 4 changes to your diet each day.

Vitamin and mineral intake can be boosted by buying a one-a-day multivitamin and mineral supplement, but this should not be instead of a nutrient dense diet.

### Ideas to add at least 500kcal & 20g protein each day

Milk options	Ideas	Calories (kcal)	Protein (g)
	Coffee made with all warmed fortified milk* (200ml)	236	17
	1 tub thick & creamy yogurt (approx. 125g)	160	5
	1 heaped tablespoon skimmed milk powder and 2 tablespoons double cream added to soup / porridge / custard	202	5
		<b>598kcal</b>	<b>27g</b>
Savoury options	Ideas	Calories (kcal)	Protein (g)
	½ tin or 1 cup-a-soup, fortified*	300	6
	Small handful (approx. 30g) mixed nuts	190	7
	2 tablespoons (approx. 30g) cheese added to soup / eggs / potato	125	7.5
		<b>615kcal</b>	<b>20.5g</b>
Sweet options	Ideas	Calories (kcal)	Protein (g)
	Hot chocolate made with all warmed fortified milk* (200ml)	296	18
	1 custard or rice pudding pot (approx. 120g)	115	3.4
	1 scoop dairy ice cream added to dessert	106	2
		<b>517kcal</b>	<b>23.4g</b>
Vegan options	Ideas	Calories (kcal)	Protein (g)
	Fortified vegan milkshake* (200ml)	204	23
	¼ pot (50g) houmous & 1 pack (approx. 20g) mini breadsticks	235	5.2
	1 tablespoon (approx. 15g) peanut butter added to crumpet / toast	92	4
		<b>531kcal</b>	<b>32.2g</b>
<b>Alternative options &amp; recipes* overleaf ...</b>			

## Ideas for nourishing drinks

### Fortified vegan milkshake \*

#### 1 serving

- 200ml sweetened soya milk
- 20g soya protein powder
- 2 tablespoons icing sugar
- 2 teaspoons cocoa powder

**Directions:** place all the ingredients in a jug and blend together

### Fortified milk - 1 pint\*

- 1 pint whole milk
- 5 heaped tablespoons skimmed milk powder

**Directions:** Mix the milk powder together with a small amount of milk to make a runny paste. Add the left over milk and mix well. Store in the fridge and use throughout the day. Can be used for drinks such as milky coffee / hot chocolate / malted drinks / milkshake

### Fortified soup\*

#### 1 serving

- 1 sachet cup-a-soup made with 200ml water, heated / ½ tin soup, heated
- 1 heaped tablespoon skimmed milk powder
- 2 tablespoons double cream

**Directions:** Mix the milk powder with a small amount of soup to make a runny paste. Add the left over soup and cream and mix well

## Ideas for snacks over 150kcal

### Savoury options

- 1 crumpet with peanut butter
- 2 crackers with cheese or pate
- 1 mini pork pie or sausage roll
- 1 packet crisps
- 1 samosa, onion bhaji, or spring roll
- 1 hot cross bun with butter
- 1 scotch pancake and butter
- 1 medium slice pizza
- 1 slice cheese on toast

### Sweet options

- 1 banana & extra thick double cream
- 1 custard tart
- 1 mousse
- 1 small trifle
- 1 Danish pastry
- 2 chocolate biscuits
- 1 doughnut
- 1 scone with butter & jam
- 1 chocolate bar
- 1 cake & cream

## Ideas for food items (food fortifiers)

Food Fortifier	Amount	Calories (kcal)	Protein (g)	Could be added to
Nut butter	1 tablespoon	92	4	Porridge, soups, bread, crackers
Greek yoghurt (full fat)	2 tablespoons	120	4	Fruit, cereal, puddings, pancake
Grated cheese	2 tablespoons	125	7.5	Soups, sauces, potato, egg, bread
Skimmed milk powder	1 heaped tablespoon	52	5	Soups, porridge, milk, custard, sauces
Pea protein powder	1 tablespoon	60	11	Soups, stews, casseroles
Soya protein powder	1 tablespoon	50	14	Soups, stews, casseroles
Tahini	1 tablespoon	100	3.8	Bread, toast, soup, salads
Dairy ice-cream	1 scoop	106	2	Fruit, pancakes, desserts, cake

Nutrition and Dietetics

Harrogate and District NHS Foundation Trust

Contact number: 01423 553329

Email: [hdft.dietitians1@nhs.net](mailto:hdft.dietitians1@nhs.net)