



Making the Most of Your Food 'Nutrient Dense Diet'

If you have been seen by a Speech and Language Therapist and diagnosed with dysphagia (swallowing problems), please do not use this leaflet

This diet sheet could help you if you have lost weight recently or are struggling with a poor appetite.

Handy Tips:

- Try eating little and often
- Try to have drinks between meals, **not** with meals, as this can make you feel fuller and reduce your appetite (see our Nourishing Drinks leaflet for more ideas)
- Try to have a pudding once or twice a day (e.g., full cream Greek yoghurt, ice cream, cake with custard, rice pudding, mousse, Angel Delight made with full fat milk)
- If you find preparing meals tiring, make use of frozen or ready-made / convenience meals and snacks
- Try to have snacks in between your meals to boost your intake, and try not to have snacks too close to mealtimes
- Eat foods you fancy
- If your appetite is better at certain times of the day, try to eat more at these times
- Choose foods and drinks that are high in protein and calories, such as 'whole' or 'full fat / full cream' (for example, dairy products) and avoid foods labelled 'diet', 'sugar-free' or 'reduced/low fat'

Enriching your food:

Adding small amounts of high calorie foods to your normal foods and drinks will help boost the nutritional content without increasing the amount of food to be eaten. This is known as **enriching your food** or **food fortification**.



| Food fortification ideas | |
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| Add nut butter to porridge or soup; and ground almonds to soup, stews, casseroles, porridge | Add cheese to soups, mashed potatoes, vegetables, pasta dishes, sandwiches; and add cheese sauce to vegetables e.g., cauliflower cheese |
| Use butter in sandwiches and on crackers; and butter or double cream with potatoes and vegetables | Add custard, double cream, or condensed milk to puddings |
| Add sugar, jam, honey or dried fruit to porridge, breakfast cereals or puddings for sweetness | Use cooking methods that include the addition of oil e.g., shallow fry, roast, or grill but coat or spray the food with oil first |
| Add milk powder to custards, milk puddings, soup, porridge, mashed potato; and pea protein powder or soy protein powder to soups, stews, casseroles | |



| Snack Ideas (preferred options) | |
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| Sandwich with ham, cheese, egg filling | Nuts and seeds |
| Falafel | Fortified smoothie / milkshake (see our nourishing drinks leaflet) |
| Cereal with full fat milk | Soup made up with full fat milk and added croutons |
| Greek yoghurt | Toasted tea cake with butter |
| Crackers and cheese / cheese straws | Rice pudding |
| Tinned fruit in syrup with custard | Vegetable / bread sticks and houmous |
| Cheese scone with butter | Hard-boiled egg or Scotch egg |
| Toast and topping (baked beans, scrambled egg, peanut butter / other nut butters, avocado) | Samosa, sausage roll, pork pie |
| Cubes of cheese | Pizza slice |

| Other Snack Ideas | |
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| Fruit cake | Chocolate e.g., Kitkat |
| Chocolate biscuits or shortbread | Slice of cake e.g., cream cake |
| Doughnut, iced bun | Crisps / nachos |
| Pastries e.g., pain au chocolat, Danish pastry | |