

EXPERTISE

# FOOD FIRST APPROACH: 3 SIMPLE STEPS



Ensure residents with texture modified requirements receive food toppers and snacks with the correct texture and consistency.

## STEP 1

### Add food toppers to each meal

- ▶ Use foods of high nutritional value to make every mouthful count.
- ▶ Aim to add at least 1 topper to every meal and pudding.

#### Food toppers help by:

- ▶ Making each mouthful more nourishing.
- ▶ Increasing nutrient content of meals without increasing the volume.
- ▶ Making food more palatable.

#### Examples:

- ▶ Whole milk
- ▶ Double cream
- ▶ Butter
- ▶ Cheese
- ▶ Dried milk powder
- ▶ Mayonnaise
- ▶ Condensed milk
- ▶ Honey
- ▶ Jam
- ▶ Peanut Butter
- ▶ Cream Cheese



## STEP 2

### Offer two snacks each day

#### Examples:

- |                                    |                                 |
|------------------------------------|---------------------------------|
| ▶ Cheese & biscuits<br>250 kcals   | ▶ Custard pot<br>130 kcals      |
| ▶ Full fat yoghurt<br>200 kcals    | ▶ Rice pudding pot<br>130 kcals |
| ▶ Slice of fruit loaf<br>200 kcals | ▶ Banana<br>100 kcals           |
| ▶ Biscuits (x2)<br>150 kcals       | ▶ Mini pork pie<br>190 kcals    |



## STEP 3

### Offer two nourishing drinks each day

- ▶ Use fortified milk for all milky drinks and cereal
- ▶ Easy & cost effective
- ▶ Nutrient dense
- ▶ Encourage variety to suit different needs
- ▶ Plus, additional high energy puddings and/or cream shots depending on requirements.

#### How to make up fortified milk :

- ▶ 1-pint whole milk
- ▶ + 4 heaped tbsp dried milk  
>30g protein per 100g
- ▶ **1-pint = extra 200kcal and 22g protein**

#### More examples:

- ▶ Homemade milkshakes
- ▶ Hot chocolate with cream
- ▶ Coffee made with fortified milk
- ▶ Nesquik, Horlicks, or own brand vitamin shakes

