



# Food first advice

## Easy read information

### Diabetes and Nutrition Services Community Dietitians

This document can be provided in other formats and languages, please contact us for more information:

**T:** 0300 124 5300

**E:** [sirona.hello@nhs.net](mailto:sirona.hello@nhs.net)

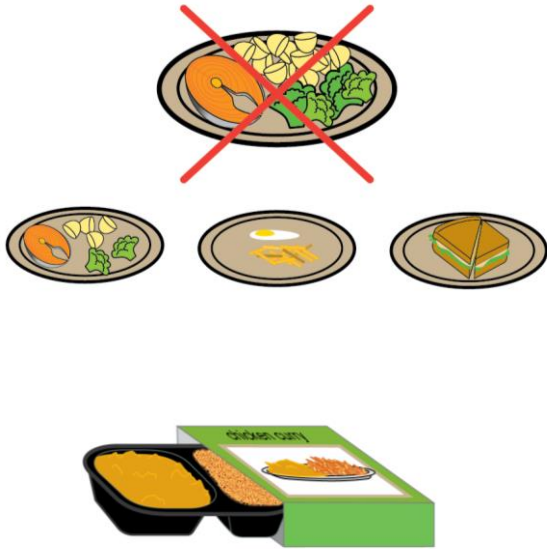
**W:** [www.sirona-cic.org.uk](http://www.sirona-cic.org.uk)

Date of creation 12/20 Date for review 12/22 URN 0238

Service provided by

**Sirona**  
care & health

**This advice will help you if you have lost weight or have a poor appetite.**

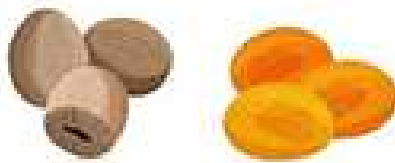


Try to:

- Buy full-fat and sugar foods where possible
- Have three small meals and three snacks every day
- Have ready meals or frozen meals if you are tired
- Get some fresh air before a meal to help your appetite



You can make most foods high in extra calories and protein by adding extra goodness to them:



**Dried fruit and nuts can be added to:**

- Breakfast cereals
- Puddings such as full fat yoghurt, rice pudding and custard



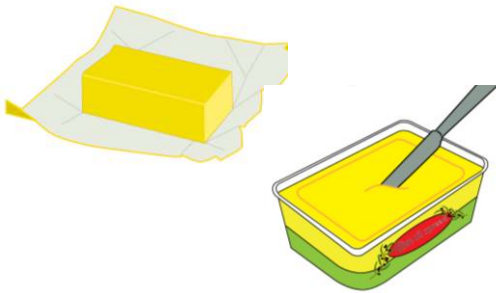
**Nut butters such as peanut, cashew and almond can be:**

- Added to porridge
- Spread thickly on toast, crumpets and crackers



### **Grated cheese can be:**

- Added to meals such as pasta, beans on toast, soups and casseroles
- Mixed with foods such as mashed potato and omelette



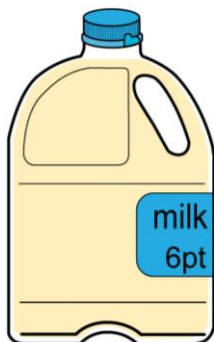
### **Butter or spread can be:**

- Spread thickly on to toast, crumpets or crackers
- Added to vegetables and mashed potato



### **Cream can be:**

- Added to soups, puddings, tinned fruit, mashed potato and sauces
- Added to drinks such as coffee and milkshakes



### **Full-fat (whole) milk can be used to make:**

- Milky coffee
- Hot chocolate
- Malted drinks
- Milkshakes



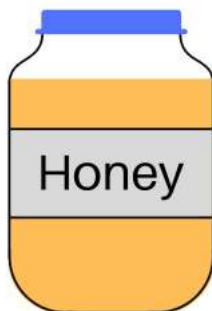
**Full fat mayonnaise can be added to:**

- Sandwiches such as tuna, egg and cheese
- Main meals



**1 teaspoon of oil (e.g. olive or sunflower oil) can be added to:**

- Soups
- Vegetables
- Roast Potatoes
- Pasta Dishes



**Honey or golden syrup can be added to:**

- Porridge
- Yoghurts
- Fruit