



1. Use Fortified Milk or Whole Milk

Add **FOUR** tablespoons (**60g**) of skimmed milk powder to **ONE** pint (**approx. 500ml**) of whole milk (blue top).

Whisk together, Store in the fridge.

Use to make hot or cold milky drinks
e.g. milky coffee, hot chocolate or milkshake.

Add to cereals or porridge
or mashed potatoes, milk puddings, custard and sauces.

2. Choose a nutritious breakfast

Add whole/fortified milk, cream and/or sugar to porridge or cereals.
Serve toast, spread butter generously & add honey or jam/marmalade.

Choose a cooked breakfast with a fried egg
or Scrambled eggs, made with cream
or Yoghurt (full fat) with fruit & honey.
and serve with fruit juice or a smoothie.

3. Eat a snack mid-morning, choose sweet or savoury:

Present small and appetising bite sized pieces to eat.

Sweet Snack ideas

Biscuits or Shortbread

Scone with butter, jam & cream, Malt Loaf & butter, Welsh Cake

Toasted Tea Cake & butter, Crumpet & butter

Slice of cake or a cupcake

Small tart or pie e.g. Custard Tart, Mince Pie or Fruit Pie.

Savoury Snack ideas

Cheese, small cubes or served with crackers or as cheese on toast

Bagel with smoked salmon & cream cheese, Toast with butter & pate

Finger Sandwiches; use spread generously, add fillings of meat, egg and fish.

Chicken Bites or Fish Fingers, Hardboiled egg quartered.

4. Eat a snack mid-afternoon, choose sweet or savoury:

Present small and appetising bite sized pieces to eat.

Sweet Snack ideas

Flapjack, Brownie, Caramel Shortcake

Croissant, Pain au chocolat, Custard Slice

Thick & Creamy Yoghurt or Mousse or Trifle

Fresh fruit; Mango, Grapes, Banana

Dried Fruit e.g. dates, apricots, chocolate covered fruit e.g. raisins.

Savoury Snack ideas

Cheese biscuits or breadsticks with savoury or creamy dips

Savoury cheese scone with butter & cheese

Sausage Roll, Pork Pie, Quiche, Crisps & Snacks

Creamy Soup, Fresh bread and butter, Olives & Nuts, Cold meats.

5. Boosting the calories in all meals

Hot meals: Add butter to vegetables and potatoes.

Add butter or cream and/or fortified milk to mashed potatoes

Use fortified milk and cream in homemade sauces or soup

To complement meals, sprinkle with grated cheese, add dressings or sauces.

Serve Puddings: Fruit Crumble/Pie, Bread & Butter, Rice pudding, Cheesecake

Serve with cream, ice cream or custard made with fortified milk.

Stewed or tinned fruit served with evaporated or condensed milk.

6. Nourishing drink ideas

Swap a cup of tea for fruit juice, a milky drink or smoothie

Add 1 tsp of sugar to each cup of tea or coffee

Use the fortified milk to make a milky drink, milkshake or coffee

Top a hot chocolate, milkshake or frappé with whipped cream

Have a milky bedtime drink, use whole or fortified milk & biscuit.



Small and frequent meals and snacks are often easier to manage. Avoid low fat, low sugar, low calorie or diet products.