



"FOOD AS TREATMENT" PROTOCOL INSTRUCTIONS FOR PATIENTS

Patient Name: Date:

Your Doctor/Health Care Professional is concerned about your dietary intake.

It is recommended you follow the instructions below for 4 weeks. Your Doctor/Health Care Professional will then review your progress.

If you live in a Care Home, these instructions are for your carers to follow.

"FOOD AS TREATMENT" INSTRUCTIONS

1. TAKE MEALS THREE TIMES DAILY
2. FORTIFY AT LEAST ONE DISH AT EACH MEAL *
3. TAKE A "FOOD AS TREATMENT" SHAKE TWICE DAILY *
4. TAKE A NOURISHING SNACK MID MORNING, AFTERNOON AND DURING THE EVENING *
5. TAKE A WEIGHT ONCE WEEKLY

* PLEASE SEE OVERLEAF FOR RECIPES AND SUGGESTIONS OF NOURISHING SNACK FOODS

Comments:
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Health Care Professional:

Contact Details: Date Review Due:



RECIPES FOR FORTIFYING FOODS

TO:		ADD:
1 pint	WHOLE MILK	To make fortified milk, add 5 heaped Tbsp milk powder to 1 pint whole milk
25g	BREAKFAST CEREAL	Use fortified milk & add 2 Tsp sugar
125mls	PORRIDGE	Use fortified milk & add 2 Tsp sugar & 2 Tbsp cream
125mls	SOUP	Use fortified milk & add 2 Tbsp cream or grated cheese
1 scoop	MASHED POTATO	Add an extra 1 Tsp butter & 1 Tbsp cream or grated cheese
2 Tbsp	VEGETABLES	Add an extra 1 Tsp butter when serving
1 scoop	ICE CREAM	Pour 2 Tbsp cream or hot chocolate/toffee sauce over when serving
2 Tbsp	SPONGE PUDDING	Add an extra 2 Tsp jam/syrup over pudding when serving & serve with fortified custard or ice cream
125mls	CUSTARD	Use fortified milk & add 2 Tbsp cream
125mls	MILK PUDDINGS	Use fortified milk & add 2 Tsp sugar & 2 Tbsp cream

RECIPE FOR "FOOD AS TREATMENT" SHAKE

200mls whole milk
 2 heaped tablespoons dried milk powder
 Milkshake syrup/powder

variations:
 add 1 scoop ice cream
 or
 add 1 tablespoon double cream

EXAMPLES OF NOURISHING SNACKS

Bakewell tart
 Cereal bar
 Cheese and biscuits
 Chocolate bar
 Crisps
 Crumpet
 Danish pastry
 Doughnut
 Dried fruit
 Flapjack

Scone with butter and jam
 Sponge/Fruit cake
 Teacake/Hot cross bun
 with butter
 Fruit pie
 Malt loaf with butter
 Pork pie
 Sausage roll

* Soft choices
 Crème caramel *
 Custard pots *
 Ice cream *
 Instant Whip/Delight *
 Rice pudding *
 Tiramisu *
 Trifle *
 Yoghurt *

