

# Food First

## Nourishing Ideas with Gluten Free Diet

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**Note:** The information in this leaflet may not be suitable for certain medical conditions e.g. swallow problems, food intolerances or allergies. It should not replace the advice of your doctor or healthcare team. **You must check food labels to ensure the item is gluten free (GF).**

Being ill or having a poor appetite can cause you to eat less than usual and lose weight.

This leaflet suggests ways in which you can increase your intake of food.

**If you have diabetes, please refer to the 'How to increase your calorie intake if you have diabetes' section on page 7 of this booklet.**

## General tips

- Try a 'little and often' eating pattern. Aim to have 3 small meals and 2 –3 snacks per day
- Avoid low fat, sugar-free or 'diet' foods
- Try to have a Gluten Free pudding every day. Ice-cream, creamy yoghurt, mousse, rice pudding or custard are good choices
- Try to include protein at each meal, for example meat, fish, cheese, eggs, beans or lentils
- Have drinks after your meal to avoid feeling full too soon.
- Boost the calorie content of your meals by adding cream, butter, cheese. See adding extra calories section
- Try to include some fruit and vegetables every day. Frozen, tinned and dried are all suitable
- Foods high in fat and sugar are high in calories so you should try to eat more of these at this time.

## Fluids

- Choose nourishing drinks wherever possible, for example milky coffee, hot chocolate, milkshakes, full sugar fizzy juice or smoothies
- Try to use at least one pint of full fat milk per day. If you don't like to drink milk you can add into sauces or Gluten Free puddings
- Alternative milks e.g. soya/coconut/ gluten free oat milk please ensure they are calcium enriched
- Use fortified milk to increase your calorie and protein intake even more – see the recipe below:

### How to make fortified milk

- Add 4 tablespoons of milk powder to one pint of full fat milk
- Stir until dissolved
- Store in the fridge and use within 24 hours
- Use in place of normal milk in drinks, on cereal and in cooking.

**For a demonstration of how to make fortified milk and more tips to increase your intake see our 'Food First' Video**

Available at: <https://vimeo.com/714408430/b4414b6d27>

Or scan this QR Code using the camera on your smart phone



## What should I eat?

### Breakfast ideas

If you don't feel like eating anything first thing, try to have a snack an hour or so after you get up. This may help you to feel hungry later in the day. You could have:

- Gluten Free cereal with full-fat or fortified milk and a glass of fruit juice
- Gluten Free porridge with cream and banana
- Gluten Free pancake or Gluten Free crumpet with butter and jam or cheese
- A milky coffee or hot chocolate with two Gluten Free biscuits
- Gluten Free Toast with cheese or well-cooked scrambled egg
- Gluten Free roll with bacon, Gluten Free sausage or egg.

### Small meal ideas

If you can't manage a full meal, try having smaller meals more frequently. You could have:

- Gluten Free sandwich with cheese, tuna or egg mayonnaise
- Gluten Free toast with melted cheese, well-cooked scrambled egg, Gluten Free spaghetti or baked beans
- Slice of Gluten Free pizza or Gluten Free quiche
- Gluten Free Pie or Gluten Free sausage roll
- Gluten Free Macaroni cheese or Gluten Free pasta with ready-made sauce
- Omelette
- Gluten Free hamburger with cheese.

## Snack ideas

Aim to have at least one pudding and 2 –3 snacks each day, such as:

- Cheese or Gluten Free pate on Gluten Free crackers or Gluten Free toast
- Gluten Free crisps and dip
- Gluten Free toast with butter and jam or honey
- Gluten Free chocolate bar, Gluten Free pastry or Gluten Free cake
- Gluten Free sausage roll or Gluten Free pork pie
- Gluten Free Mini trifle, mousse or custard
- Thick and creamy yogurt or ice-cream
- Soya/coconut yoghurt please ensure they are calcium enriched
- Gluten Free teacake or Gluten Free scone with jam and cream
- Peanuts or mixed fruit and nuts
- Nut butters
- Avocado
- Rice pudding
- Gluten Free sponge and custard.
- Gluten Free fruit pie and cream or evaporated milk.
- Gluten free cheesecake and cream.
- Individual Gluten Free desserts, such as chocolate mousse, crème caramel or trifle.

**Choose full-fat varieties, not low calorie.**

## Adding extra calories to food

Adding high calorie foods into your meals can help you get more nourishment without having to eat more. Try the following:

- **Cream**—add into soups, Gluten Free puddings, potatoes, and sauces. Serve generously on Gluten Free puddings and Gluten Free cakes. Full fat coconut milk/cream in cooking
- **Butter**—add into vegetables, potatoes and sauces. Spread thickly on Gluten Free bread, Gluten Free crackers, Gluten Free pancakes and Gluten Free scones
- **Cheese**—add into eggs, sauces, beans, soup, Gluten Free pasta, potatoes and vegetables
- **Sugar/honey/syrup**—add into Gluten Free porridge, Gluten Free puddings, Gluten Free cakes and drinks
- **Extra olive oil, seed oil, coconut oil:** As dressing and in cooking to add extra calories.

**Evaporated milk, mayonnaise, salad cream, fortified milk, hummus, nuts and dried fruits and full fat yogurt** are all good additions too.

## How to increase your calorie intake if you have diabetes

It is important that you eat more calories, but too much sugar can increase your blood sugar levels.

Keeping your blood sugar levels within target range is vital to help you maintain or gain weight.

You may have been advised to lose weight or avoid high calorie foods in the past. If your appetite is poor or you are losing weight you may need to relax your diet.

You should:

- Introduce a little and often eating pattern
- Focus on savoury foods and add cheese, butter, cream and mayonnaise
- Continue to limit sugary foods
- Opt for nourishing milky drinks. Avoid full sugar drinks.

You can add extra calories to foods as advised within this leaflet but do not add extra sugar, honey, evaporated milk or syrup to foods.

**If your blood sugars are too high or too low, contact your diabetes team for advice.**

Your contact:

Telephone Number:

Date: