

Food First Advice for Children and Young People

Gloucestershire Hospitals

NHS Foundation Trust

Department of Nutrition and Dietetics



What is 'Food First Advice'?

Food First is a food-based approach to help optimise your child's dietary intake by including nourishing, nutrient-dense foods in their diet. Food First advice includes fortifying/enriching their meals as well as introducing nourishing snacks, desserts and drinks. This may be helpful for children who may have problems with eating, have a reduced appetite or struggle to gain weight.

Food Fortification/Enrichment

Try using these simple ingredients in your everyday cooking. These can be particularly helpful for children with a small appetite as they can add extra energy without increasing portion size.

Food	How to use
Olive Oil	Drizzle onto pasta dishes, pizza, salads or soups Choose tinned fish (e.g. tuna) in oil
Nut butter	Mix into porridge, serve with fruit (works well with apple, banana or dates), spread on pancakes/toast/crumpets/bagels, make satay sauce for a stir fry
Cheese (including cream cheese)	Make into cheese sauces, add to mashed or jacket potatoes (including to top a cottage pie for example), add to pasta dishes/risotto/fajitas/soups/burgers, add to sandwiches/wraps
Full fat yogurt, crème fraiche, double cream or coconut cream	Serve with desserts, with pancakes, added to porridge/overnight oats, mixed into curry/chilli
Sauces (like mayonnaise, pesto, chutney)	Spread in sandwiches/wraps/pittas, salads, served with meals (e.g. mango chutney with a curry)
Dips (like guacamole, houmous or sour cream)	Serve with tortilla chips, breadsticks, vegetable sticks or serve with meals (e.g. guacamole and sour cream with fajitas or chilli con carne)
Butter or dairy-free spread	Melt onto cooked vegetables, add to mashed potato, add to scrambled eggs
Sweet spreads (like jam, marmalade, chocolate spread or biscuit spread)	Spread on toast/pancakes/crumpets or add a tablespoon into porridge/rice pudding

Nourishing Snack Ideas

Savoury

- Houmous with pitta or vegetable sticks
- Chicken satay strips
- Cheese (e.g. babybel, cheese string or cheese on crackers)
- Cheese scone
- Egg muffins/frittata
- Sausage rolls/cocktail sausages/scotch egg bites/pork pie
- Quiche
- Breadsticks or oat cakes with cream cheese

Sweet

- Apple slices spread with peanut butter
- Malt loaf slices spread with butter
- Full fat yogurt
- Date energy bites
- Cereal/Cereal bar
- Brioche/Croissant/Waffle
- Dried fruit or tinned fruit
- Pancake or crumpet spread with butter/chocolate spread/nut butter/jam/biscuit spread

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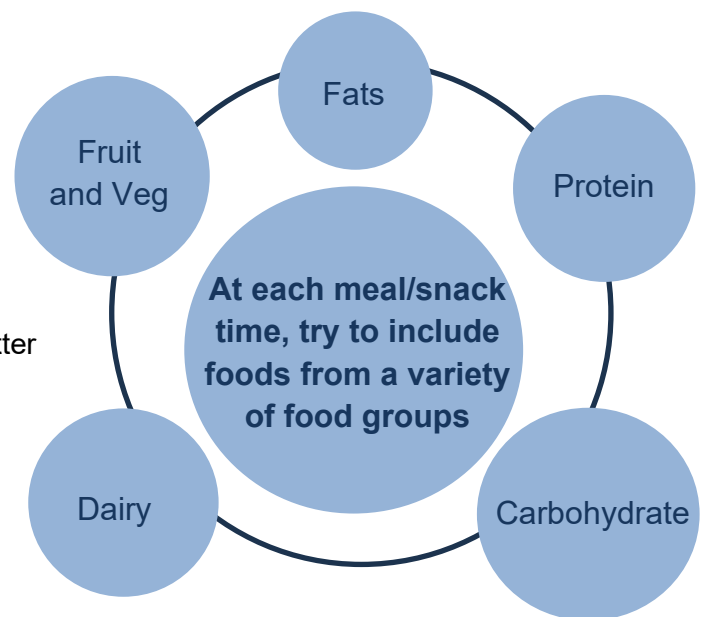
Top Tip

Offer your child 3 small meals plus 3 nourishing snacks a day



Nourishing Dessert Ideas

- Banana and custard
- Jelly and ice cream or try making milk jelly
- Rice pudding
- Semolina pudding
- Mousse/Angel Delight (made with whole milk)
- Trifle
- Flapjacks – if making from scratch try adding nut butter
- Full fat yogurt/ice cream/double cream with fruit
- Cakes/biscuits
- Fruit crumble/pie
- Cheesecake



Nourishing Drinks

Milkshake

Add 200ml whole milk or dairy-free alternative to 2-3 teaspoons of milkshake powder or

Try blending together frozen fruit (e.g. banana or strawberries) with ice cream and whole milk



Smoothie

Add frozen fruit, full fat yogurt and milk or fruit juice to a blender and blend until smooth.

Try adding oats, nut butter or mixed seeds



Hot chocolate/malted drink

Add 200ml warm whole milk or dairy-free alternative to 3-4 teaspoons of hot chocolate or malted drink powder.

Add 1 tablespoon of double cream, squirty cream or marshmallows for additional energy.



Contact Information

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