



Small meals.

For services that provide food

Some older people feel full before they have eaten enough to meet their nutrition needs. They may request a smaller main meal. It can be hard to get enough nutrition into a smaller meal.

It is very important that small meals are high in energy and protein. Meals and snacks can be fortified without adding more volume. A smaller meal should only be provided on special request.

Ways to fortify meals

- Add extra fat (eg cheese, oil, peanut butter, avocado) to foods like vegetables, pasta, soup and bread.
- Use 'fortified milk' in place of regular milk.
- Add 'fortified milk' to creamy soups, sauces, mashed potato and custard.
- Add white sauce to dishes (eg fish and silverside).

Fortified milk recipe

To make one cup, whisk together two tablespoons of milk powder and one cup of full-cream milk.

To make one litre, whisk together one cup of milk powder and one litre of full-cream milk.

Snack ideas

Offer three nourishing snacks each day between meals. For example:

- cheese and biscuits
- yoghurt
- milk based drink (coffee, milkshake)
- custard
- raisin toast or fruit cake with spread
- melted cheese on toast.



Healthy Ageing Tasmania

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Visit the Department of Health website (www.health.gov.au) for more information.

