

# Small meals

This information is 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 enriched without adding more volume. A smaller meal should only be provided on special request.

## Ways to enrich meals

- Add extra fat to meals, for example add cheese, oil, peanut butter and avocado to foods (like vegetables, pasta, soup and bread).
- Use '**enriched milk**' in place of regular milk.
- Add '**enriched milk**' to creamy soups, sauces, mashed potato and custard.
- Add white sauce to dishes (eg fish and silver-side).

## Snack ideas

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

- cheese and biscuits
- yoghurt
- flavoured milk/milkshake
- all milk coffee
- custard
- raisin toast or fruit cake with spread
- melted cheese on toast.



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