

# The 'Food First' Approach

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## Fortified Milk

1 Pint of Full cream milk + 4 heaped tablespoons of Dried milk powder = Fortified milk



The 'Food First' approach is at its basis a daily consumption of:

- 1 pint of fortified milk
- 2-3 nourishing snacks or drinks
- 3 fortified meals

Fortifying is when small amounts of everyday foods, such as butter, milk powder or cream are added to a food or meal to increase the nutritional content without having to significantly increase the portion size. This makes every mouthful more nourishing

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## Fortified Meals

High Energy foods are foods high in Fat or Sugar



Fortify meals by adding food-stuffs that are high in Protein and Energy



2-3

## Snacks & Drinks

