

Food Fortification



A 'food first' approach is the best way to encourage food and drink intake for someone who is at risk of undernutrition.

Meals and snacks can be fortified by adding small amounts of high energy and high protein foods to increase the calorie and nutrient content without increasing portion sizes.

To fortify any meal, snack or drink you could add any of these additional ingredients

| Add this food | Kcals per tbsp |
|---------------------------|----------------|
| Dried skimmed milk powder | 53 |
| Double cream | 74 |
| Crème fraiche | 57 |
| Butter | 111 |
| Olive oil | 108 |
| Grated cheddar cheese | 75 |
| Cream cheese | 45 |
| Mayonnaise | 104 |
| Peanut butter | 91 |
| Pesto | 75 |
| Salad cream | 52 |
| Jam | 52 |
| Sugar | 60 |
| Honey | 52 |

See the Vegetarian for Life Dietary Diversity guide for more alternatives

Here are some examples of how to do this...

| Food to be fortified | Amount | Add these ingredients to increase the calorie content | Kcals before | Kcals after |
|---------------------------------------|---------|--|--------------|-------------|
| Whole milk (use for all milky drinks) | 568ml | 4 tbsp dried skimmed milk powder | 375 | 583 |
| Custard | 125ml | 1 tbsp of dried skimmed milk powder and 2 tbsp of double cream | 148 | 349 |
| Milk based soup | 125ml | 1 tbsp of dried skimmed milk powder and 2 tbsp of double cream | 80 | 280 |
| Porridge with whole milk | 200g | 1 tbsp of dried skimmed milk powder and 2 tbsp of double cream | 226 | 426 |
| Mashed potato | 1 scoop | 1 tbsp of butter and 1 tbsp double cream | 70 | 183 |
| Vegetables | 2 tbsp | 1 tsp of butter | 15 | 52 |
| Baked beans | 80g | 1 tsp butter and 1 tbsp grated cheese | 67 | 179 |
| Scrambled egg with whole milk | 120g | 1 tsp of butter, 2 tsp dried skimmed milk powder and 45g cream cheese | 308 | 603 |
| Rice pudding | 125ml | 1 tbsp of dried skimmed milk powder and 2 tbsp double cream and 2 tsp of jam | 106 | 332 |



BUTTER

CREAM

MILK POWDER